



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini and artichoke hearts

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



MENU SUBJECT TO CHANGE



CHICKEN STRIPS  
CHEESY POTATOES  
SALAD  
FRUIT  
MILK

RIBLET ON BUN  
TOTS  
SALAD  
FRUIT  
MILK

HOT POCKET  
MIXED VEGGIES  
FRUIT  
MILK

CHICKEN QUESADILLA  
PINTO BEANS  
FRUIT  
MILK

MEATLOAF  
PURPLE HULL PEAS  
SALAD  
ROLL  
FRUIT  
MILK

CHILI CHEESE TOTS  
SALAD  
FRUIT  
MILK

LINK ON BUN  
CURLY FRIES  
SALAD  
FRUIT  
MILK

PIZZA  
CORN  
SALD  
FRUIT  
MILK

CHICKEN FRIED STEAK  
MASHED POTATOES  
W/GRAVY  
FRUIT  
MILK

TURKEY  
DRESSING  
YAMS  
GREEN BEANS  
ROLL  
CAKE, FRUIT , MILK

EGG ROLLS  
FRIED RICE  
FRUIT  
MILK

SACK LUNCH ½ DAY

HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

HOLIDAY

CHICKEN QUESADILLA  
PINTO BEANS  
FRUIT  
MILK

MEATBALL SUB  
SALD  
FRUIT  
MILK

VEGETABLE SOUP  
W/BEEF  
GRILLED CHEESE  
FRUIT  
MILK'

CHILI CHEESE BURRITO  
CARROTS  
FRUIT  
MILK

PULLED PORK ON BUN  
OR BAKED POTATO  
SALAD RANCH BEANS  
FRUIT  
MILK