



Daily Choices Include:
 1% White Milk or Non Fat Milk
 Main Entrée or
 PB&J Uncrustable Sandwich



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

6

7
GRILLED CHICKEN SANDWICH
Sandwich de Pollo
 Sweet Potato Fries
 Celery Sticks
 Fruit

8
CHEESE PIZZA
Pizza de Queso
 Garden Salad
 Zesty Jicama
 Fruit

9
PHILLY STEAK SANDWICH
Sandwich Estilo Philadelphia
 Three Bean Salad
 Zucchini Sticks
 Fruit

10

13

14
POPCORN CHICKEN
Trocitos de Pollo
 Bread Roll
 Sliced Carrots
 Celery Sticks
 Fruit

15
CHEESE PIZZA
Pizza de Queso
 Three Bean Salad
 Jicama Sticks
 Fruit and Juice

16
BEAN & CHEESE BURRITO
Burrito de frijoles con queso
 Garden Salad
 Fresh Salsa
 Fruit

17

20

21
CORN DOG
 Baked Beans
 Baby Carrots
 Fruit

22
CHEESE PIZZA
Pizza de Queso
 Zesty Jicama
 Spinach Salad
 Fruit

23
CHEESEBURGER
Hamburguesa con Queso
 Baked Sweet Potato Fries
 Lettuce, Tomato, Pickles
 Fruit

24

27

28
POPCORN CHICKEN
Trocitos de Pollo
 Bread Roll
 Sliced Carrots
 Celery Sticks
 Fruit

29
CHEESE PIZZA
Pizza de Queso
 Zesty Jicama
 Garden Salad
 Fruit

30
PORK CARNITA TACOS
Tacos de Carnitas de Puerco
 Pinto Beans
 Salsa
 Fruit

31