



**Daily Choices Include**  
**1% White Milk or Non-Fat Milk**  
**Yogurt Meal**



**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

#### CHICKEN SANDWICH

Sandwich de Pollo  
 Baby Carrots  
 Celery Sticks  
 Fruit

5

#### RIB-B-QUE SANDWICH

Zucchini Sticks  
 Celery Sticks  
 Fruit

6

#### HAMBURGER

**Hamburguesa**  
 Corn Cobette  
 Cucumber Slices  
 Fruit

7

#### BEEF CHIMICHANGA

Jicama Sticks  
 Celery Sticks  
 Fruit

1

#### CHEESE CALZONE

Garden Salad  
 Baby Carrots  
 Fruit

2

#### CORN DOG

Vegetarian Beans  
 Baby Carrots  
 Fruit

12

#### TACO SNACK

Celery Sticks  
 Jicama Sticks  
 Fruit

13

#### DOUBLE DOGS

**Perro Caliente de Pollo Dobie**  
 Corn Cobbette  
 Baby Carrots  
 Fruit

14

#### CORN DOG

Vegetarian Beans  
 Baby Carrots  
 Fruit

8

#### CHEESE CALZONE

Garden Salad  
 Baby Carrots  
 Fruit

9

#### DELI SANDWICH

Cucumber Slices  
 Jicama Sticks  
 Fruit  
 Sun Chips

15

#### CHEESE CALZONE

Garden Salad  
 Baby Carrots  
 Fruit  
 Cookie

16

#### DELI SANDWICH

Celery Sticks  
 Baby Carrots  
 Fruit  
 Sun Chips

19

#### GRILLED CHEESE SANDWICH

**Sandwich de Queso**  
 Zucchini Sticks  
 Jicama Sticks  
 Fruit

20

#### DOUBLE DOGS

**Perro Caliente de Pollo Dobie**  
 Vegetarian Beans  
 Baby Carrots  
 Fruit

21

#### CHIMICHANGA

Jicama Sticks  
 Celery Sticks  
 Fruit

22

#### CHEESE CALZONE

Garden Salad  
 Baby Carrots  
 Fruit

23

#### CHICKEN SANDWICH

**Sandwich de Pollo**  
 Celery Sticks  
 Baby Carrots  
 Fruit

26

#### RIB B QUE SANDWICH

Zucchini Sticks  
 Celery Sticks  
 Fruit

27

#### HAMBURGER

**Hamburguesa**  
 Corn Cobette  
 Cucumber Slices  
 Fruit

28

#### CORN DOG

Vegetarian Beans  
 Jicama Sticks  
 Sliced Cucumber  
 Fruit

29

#### CHEESE CALZONE

Garden Salad  
 Baby Carrots  
 Fruit

30