



**Daily Choices Include:**  
1% White Milk or Non Fat Milk



**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 SOFT TACO

Taco Suave de Pollo  
Salsa  
Fruit

5

#### Chicken Nuggets

Steamed Carrots  
Fruit

6

#### TURKEY AND GRAVY

Pavo con Gravy  
Dinner Roll  
Mashed Potatoes  
Fruit

7

#### CHILE VERDE TAMALES

Tamales con Chile Verde  
Spanish Rice  
Corn Salad  
Fruit

1

#### CHEESEBURGER

Hamburguesa con Queso  
Baked Sweet Potato Fries  
Fruit

2

#### BREADED BEEF PATTY

Filete de Res Empanizado  
Mashed Potatoes  
Dinner Roll  
Fruit

12

#### BEEFY MACARONI

Macarron con Carne  
Bread Stick  
Hot Corn  
Fruit

13

#### CHEESE PIZZA

Pizza de queso  
Three Bean Salad  
Fruit

14

#### GRILLED CHEESE SANDWICH

Sandwich de Queso  
Spinach Salad  
Fruit

15

#### CRUNCHY CHICKEN WRAP

Envoltura de Tortilla con Pollo  
Celery Sticks, Fruit, Cookie

16

#### CHICKEN SANDWICH

Sandwich de Pollo  
Sweet Potato Fries  
Fruit

19

#### SPAGHETTI w/MEAT SAUCE

Espaguetti con Carne  
Bread Stick  
Garden Salad

20

#### CHEESE PIZZA

Pizza de queso  
Zesty Jicama  
Fruit

21

#### Turkey & CHEESE on CIABATTA

Sandwich de Jamón con Queso  
Three Bean Salad  
Sun Chips  
Fruit

22

#### FISH 'N' CHIPS

Pescado con Papitas  
Baked Fries  
Fruit

23

#### CHICKEN NUGGETS

Steamed Carrots  
Fruit

26

#### CHEESE PIZZA

Pizza de queso  
Three Bean Salad  
Fruit

27

#### BRUNCH FOR LUNCH

Desayuno Para Almuerzo  
Egg Sandwich (English Muffin)  
Hash Brown  
Fruit

28

#### BEAN AND CHEESE BURRITO

Burrito de frijoles con queso  
Garden Salad  
Fruit

29

#### TURKEY SANDWICH

Sandwich de Pavo  
Zesty Jicama  
Sun Chips  
Fruit

30