



PreK-3/4: 11:05-11:35
 Kinder: 11:10-11:40
 1st Grade: 11:15-11:45

2nd Grade: 11:20-11:50
 3rd Grade: 11:25-11:55
 4th Grade: 11:30-12:00
 5th Grade: 11:35-12:05



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

[Blank Lunch Menu]

Beef Taquitos **1**
 Cheese Sauce
 Spanish Rice
 Refried Beans / Dessert
 Milk

Spaghetti w/ Sauce **2**
 Green Beans
 Garlic Stick
 Fruit
 Milk

Chopped Beef **3**
 BBQ Burger
 Lima Beans / Fritos
 Pickle Spears / Dessert
 Milk

Taco Salad **4**
 Tortilla Chips / Salsa
 Corn
 Fruit
 Milk

Hamburger w/fixings **7**
 French Fries
 Pork n Beans
 Fruit
 Milk

Crispitos **8**
 Chips / Salsa
 Black Beans
 Carrot Sticks / Dessert
 Milk

Chicken over Rice **9**
 With Gravy
 Peas w/ Carrots
 Roll / Fruit
 Milk

Enchilada Casserole **10**
 Salad
 Corn
 Dessert
 Milk

Breakfast Jack **11**
 Hash Browns
 Cucumbers
 Fruit
 Milk

Chicken Burger **14**
 Black-eyed Peas
 Chips
 Fruit
 Milk

Tamales **15**
 Pinto Beans
 Salad
 Dessert
 Milk

Meat Loaf **16**
 Mashed Potatoes
 Mixed Veggies
 Fruit
 Milk

Pepperoni Pizza **17**
 on Texas Toast
 Salad
 Broccoli
 Milk

18
 NO SCHOOL

Fish Sticks **21**
 Mac n Cheese
 Black-eyed Peas
 Fruit
 Milk

Beef / Bean Burrito **22**
 Chips / Salsa
 Salad
 Dessert
 Milk

Chicken Fried Steak **23**
 Rice & Gravy
 Green Beans
 Fruit
 Milk

Sausage **24**
 Buttered Potatoes
 Cabbage
 Dessert
 Milk

Corn Dog **25**
 Baked Beans
 Tator Tots
 Fruit
 Milk

Zoo Nuggets **28**
 French Fries
 Cooked Carrots
 Fruit
 Milk

Tortilla Soup **29**
 Salad
 Corn Bread
 Dessert
 Milk

Hamburger Patties **30**
 w/ Gravy
 Rice
 Mixed Veggies
 Milk

Hot Dogs **31**
 Pinto Beans
 Fritos / Pickle Spears
 Dessert
 Milk

