



**What's on
YOUR
plate?**



Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you**

choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, August 14

Breakfast

Egg Cheese Potato Sausage
Rolled Taco

Lunch

Tex-Mex: Chicken Nachos

Main: Breaded Pork Chop

Grill: Cheeseburger/
Hamburger OR Spicy Chicken
Sandwich

Tuesday, August 15

Breakfast

Cinnamon Roll

Lunch

Tex-Mex: Soft Shell Tacos

Main: Oven Baked Chicken

Grill: Mozz Cheese Sticks
OR Premium Chicken
Sandwich

Wednesday, August 16

Breakfast

Breakfast Sausage Pizza

Lunch

Tex-Mex: Taco Salad

Main: Beef & Broccoli
Fried Rice Vegetable Eggroll

Grill: French Bread Pizza
OR Bread Chicken Sandwich

Thursday, August 17

Breakfast

Pancake & Sausage on Stick

Lunch

Tex-Mex/Main: Crisпитos

Grill: BBQ Rib on Sub Roll
OR Premium Chicken
Sandwich

Friday, August 18

Breakfast

Biscuit Sandwich

Lunch

Tex-Mex: Mini Tacos

Main: Chicken & Waffles

Grill: Cheeseburger/
Hamburger OR Bread
Chicken Sandwich

Monday, August 21

Breakfast

Egg Cheese Potato Sausage
Breakfast Burrito

Lunch

Tex-Mex: Chili Cheese
Fritos

Main: Honey Sriracha
Chicken w/ rice

Grill: Cheeseburger/
Hamburger OR Chicken
Sandwich

Tuesday, August 22

Breakfast

Variety of Mini Pancakes or
French Toast

Lunch

Tex-Mex: Fish Tacos

Main: Chili Cheese Tots

Grill: Home-style Chicken
Bites OR Premium Chicken
Sandwich

Wednesday, August 23

Breakfast

Breakfast Sausage Pizza

Lunch

Tex-Mex: Burrito w/
Cheese

Main: Boneless Chicken
Wings

Grill: Pepperoni Calzone
OR Chicken Patty

Thursday, August 24

Breakfast

Glazed Donut

Lunch

Tex-Mex/Main: Crisпитos

Grill: Buffalo Chicken
Tenders OR Premium Chicken
Sandwich

Friday, August 25

Breakfast

Biscuit Sandwich

Lunch

Tex-Mex: Taco Bag

Main: Chicken Mashed
Potato Bowl

Grill: Cheeseburger/
Hamburger OR Breaded
Spicy Chicken Sandwich

Monday, August 28

Breakfast

Egg Cheese Potato Sausage
Rolled Taco

Lunch

Tex-Mex: Chicken Nachos

Main: Breaded Beef Steak

Grill: Cheeseburger/
Hamburger OR Spicy Chicken
Sandwich

Tuesday, August 29

Breakfast

Cinnamon Roll

Lunch

Tex-Mex: Soft Shell Taco

Main: Baked Lasagna

Grill: Mozz Cheese Sticks
OR Premium Chicken
Sandwich

Wednesday, August 30

Breakfast

Breakfast Sausage Pizza

Lunch

Tex-Mex: Cheese or
Chicken Quesadilla

Main: Orange Chicken
over Rice w/ Fortune Cookie

Grill: French Bread Pizza
OR Breaded Chicken
Sandwich

Thursday, August 31

Breakfast

Pancake & Sausage on Stick

Lunch

Tex-Mex/Main: Crisпитos

Grill: Corn Dog OR
Premium Chicken Sandwich

Friday, September 1

Breakfast

Biscuit Sandwich

Lunch

Tex-Mex: Super Nachos

Main: Breakfast for Lunch
French Toast & Sausage

Grill: Cheeseburger/
Hamburger OR Spicy
Chicken Sandwich