



**Farm Fresh Fridays:**  
Celebrate Local Texas Grown Watermelons every Friday at your school.



**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



1  
BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
FRESH SALSA  
WATERMELON CUPS  
MILK

2  
CHEESEBURGER  
TATER TOTS  
BURGER SALAD  
RAISLES  
MILK

### LABOR DAY

5  
OVEN FRIED CHICKEN  
OR FISH STICKS  
CHEESY BROCCOLI  
SWEET POTATOES  
ORANGE SLICES  
GARLIC TOAST  
MILK

6  
CHEESEBURGER  
OR CORNDOG  
WAFFLE FRIES  
BURGER SALAD  
BAKED BEANS  
RAISELS  
MILK

7  
CHICKEN STICKS OR  
CHICKEN SPAGHETTI  
MASHED POTATOES  
CALIFORNIA VEGGIES  
FRESH APPLE  
HOMEMADE ROLL  
MILK

8  
PEPPERONI PIZZA  
SEASONED SQUASH  
GREEN BEANS  
TEXAS WATERMELON  
MILK

9  
ASIAN CHICKEN W/ RICE  
OR CHICKEN NUGGETS  
GREEN PEAS  
COOKED CARROTS  
PEACH CUPS  
MILK

10  
BBQ OR CHICKEN SANDWICH  
TATER TOTS  
GARDEN SALAD  
BABY CARROTS W/ DIP  
CHERRIES  
MILK

11  
CHICKEN STICKS  
MASHED POTATOES  
GREEN BEANS  
WATERMELON CUPS  
HOMEMADE ROLL  
MILK

12  
CHEESEBURGER  
WAFFLE FRIES  
FRESH BROCCOLI W/ DIP  
BURGER SALAD  
RAISELS  
MILK

13  
BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
STEAMED CABBAGE  
TEXAS WATERMELON  
MILK

14  
CHICKEN FRIED STEAK  
OR FISH STICKS  
BLACK EYED PEAS  
TURNIP GREENS  
MAC N CHEESE  
PEACH CUPS  
MILK

15  
BEEF OR CHICKEN  
CRUNCHY TACOS  
REFRIED BEANS  
LETTUCE/TOMATO  
STEAMED CORN  
RIPS  
MILK

16  
CHICKEN STICKS  
MASHED POTATOES  
CHEESY BROCCOLI  
ORANGE SLICES  
HOMEMADE ROLL  
MILK

17  
CHEESEBURGER OR  
BBQ SANDWICH  
TATER TOTS  
BURGER SALAD  
FRESH APPLE  
MLIK

18  
PEPPERONI PIZZA OR  
CHEESE STICKS  
PIZZA SAUCE  
COOKED CARROTS  
GREEN BEANS  
TEXAS WATERMELON  
MILK

19  
CHICKEN NUGGETS OR  
CHICKEN SPAGHETTI  
MASHED POTATOES  
GREEN BEANS  
PEACH CUPS  
HOMEMADE ROLL  
MILK

20  
KICKIN CHICKEN SANDWICH  
BAKED CHIPS  
FRESH BROCCOLI W/DIP  
BAKED BEANS  
WATERMELON CUPS  
MILK

21  
CHEESEBURGER  
TATER TOTS  
BURGER SALAD  
RAISELS  
MILK

22  
QUESADILLA OR  
CHEESE STICKS  
STEAMED CORN  
GARDEN SALAD  
APPLE SLICES  
MILK

23  
BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
FRESH SALSA  
TEXAS WATERMELON  
MILK