

MAY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

WOLVERINE CAFE

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 1
For A Meal Near You!
Call 211 or Text 211 to 877-877

Special Announcements

PK Breakfast

Choose at least 3 Items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 other Items



Food Groups
Meat/Meat Alternates
Grains
Vegetables
Fruits
Milk

Sausage Biscuit
Fruit
Fruit Juice
Unflavored Milk 7

Breakfast Combo
Fruit
Fruit Juice
Unflavored Milk 8

Chicken-n-Waffles
Fruit
Fruit Juice
Unflavored Milk 9

Stuffed Bagels
Sausage
Fruit
Fruit Juice
Unflavored Milk 10

Dutch Waffle
Bacon
Fruit
Fruit Juice
Unflavored Milk 11

Early Bird Sandwich
Fruit
Fruit Juice
Unflavored Milk 14

Chicken-n-Biscuit
Fruit
Fruit Juice
Unflavored Milk 15

Biscuit, Egg, and Bacon
Fruit
Fruit Juice
Unflavored Milk 16

Pancake Wrap
Yogurt
Fruit
Fruit Juice
Unflavored Milk 17

Cinnamon Roll
Sausage
Fruit
Fruit Juice
Unflavored Milk 18

No School
 21

French Toast
Sausage
Fruit
Fruit Juice
Unflavored Milk 22

Breakfast Burrito
Hash Brown
Fruit
Fruit Juice
Unflavored Milk 23

Breakfast Bread
Yogurt
Fruit
Fruit Juice
Unflavored Milk 24

No School
 25

28

29

30

31

+200
+100
+50



Fun facts on back!

MAY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

WOLVERINE CAFE

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 1
For A Meal Near You
Call 211
OR
Text
FOODTX to 877-871

Special Announcements

K-12th Breakfast

Choose at least 3 items, including:

- 1/2 cup of Fruit or Vegetables
- At least 2 other items



Food Groups
Meat/Meat Alternates
Grains
Vegetables
Fruits
Milk

Sausage Biscuit
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 7

Breakfast Combo
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 8

Chicken-n-Waffles
OR
Breakfast Parfait
Fruit Juice
Milk 9

Stuffed Bagels
Sausage
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 10

Dutch Waffle
Bacon
OR
Cereal
Animal Crackers
Fruit
Fruit Juice
Milk 11

Early Bird Sandwich
OR
Breakfast Round
Yogurt
Fruit
Fruit Juice
Milk 14

Chicken-n-Biscuit
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 15

Biscuit, Egg, and Bacon
OR
Breakfast Parfait
Fruit Juice
Milk 16

Pancake Wrap
Yogurt
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 17

Cinnamon Roll
Sausage
OR
Cereal
Animal Crackers
Fruit
Fruit Juice
Milk 18

No School



21

French Toast
Sausage
OR
Frudel
Cheese Stick
Fruit
Fruit Juice
Milk 22

22

Breakfast Burrito
Hash Brown
OR
Breakfast Parfait
Fruit Juice
Milk 23

23

Breakfast Bread
Yogurt
OR
Cereal Bar
Yogurt
Fruit
Fruit Juice
Milk 24

24

No School



25

+200
+100
+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

28

29

30

31

Fun facts on back!

MAY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

WOLVERINE CAFE

Special Announcements

PK Lunch

Choose at least 3 items, including:

- 1/2 cup of Fruit or Vegetables
- At least 2 other Food Groups



Food Groups
 Meat/Meat Alternates
 Grains
 Vegetables
 Fruits
 Milk

'YOU ART WHAT YOU EAT'
 ART CONTEST
 CREATE & ENTER!
 ENDS MAY 15!
squaremeals.org/artcontest

Texas Basket
 Sliced Carrots
 Mixed Fruit
 Unflavored Milk

7

Meatball Sub
 Potato Rounds
 Fresh Veggie Cup
 Mixed Fruit
 Unflavored Milk

14

No School



21

Meat and Cheese Chalupas
 Lettuce /Tomato Garnish
 Zesty Cucumbers
 Refried Beans
 Salsa
 Rosy Applesauce
 Unflavored Milk

1

Grilled Cheese Sandwich
 Fresh Veggie Cup
 Mandarin Oranges
 Unflavored Milk

8

Asian Stir Fry
 Flatbread
 Apple
 Unflavored Milk

15

French Bread Pizza
 California Blend
 Mixed Fruit
 Unflavored Milk

22

Fish Sticks
 Mac and Cheese
 Coleslaw
 Savory Green Beans
 Orange
 Unflavored Milk

2

Chicken Alfredo Breadstick
 Tuscan Vegetables
 Garden Salad
 Diced Peaches
 Unflavored Milk

9

Fiesta Bowl
 Fruity Gelatin
 Unflavored Milk

16

Chicken Quesadilla
 Lettuce /Tomato Garnish
 Black Beans
 Salsa
 Pineapple Tidbits
 Unflavored Milk

23

Chicken Tenders
 Gravy
 Broccoli
 Sweet Potatoes
 Mixed Fruit
 Unflavored Milk

3

Tex-Mex Stack
 Lettuce /Tomato Garnish
 Charro Beans
 Salsa
 Hot Cinnamon Apples
 Unflavored Milk

10

Cheeseburger
 Hamburger Garnish
 Cucumber Slices
 Cinnamon Applesauce
 Unflavored Milk

17

Ham and Cheese on Pretzel Bun
 Baby Carrots
 Celery Sticks
 Diced Peaches
 Unflavored Milk

24

Chef's Choice
 Garden Salad
 Carrots
 Apple
 Unflavored Milk

4

Chef's Choice
 Savory Green Beans
 Mashed Potatoes
 Apple
 Unflavored Milk

11

Chef's Choice
 Charro Beans
 Seasoned Corn
 Fresh Fruit
 Unflavored Milk

18

No School



25

28

29

30

31

HEALTHY SUMMER MEALS FOR KIDS
 No Cost For Kids 18 and Younger



+200
 +100
 +50



Fun facts on back!

MAY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

WOLVERINE CAFE

Special Announcements

K-8th Lunch

Choose at least 3 items, including:

- 1/2 cup of **Fruit** or **Vegetables**
- At least 2 other **Food Groups**



Food Groups
 Meat/Meat Alternates
 Grains
 Vegetables
 Fruits
 Milk



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER

'YOU ART WHAT YOU EAT'
 ART CONTEST
 CREATE & ENTER!
 ENDS MAY 15!
squaremeals.org/artcontest

	Meat and Cheese Chalupas Lettuce /Tomato Garnish Zesty Cucumbers Refried Beans Salsa Rosy Applesauce Milk 1	Fish Sticks Mac and Cheese Coleslaw Savory Green Beans Orange Milk 2	Chicken Tenders Texas Toast Gravy Broccoli Sweet Potatoes Mixed Fruit Crispy Cereal Treat Milk 3	Chef's Choice Garden Salad Carrots Apple Milk 4
Texas Basket Sliced Carrots Mixed Fruit Milk 7	Grilled Cheese Sandwich Multi Grain Chips Broccoli Fresh Veggie Cup Mandarin Oranges Milk 8	Chicken Alfredo Breadstick Tuscan Vegetables Garden Salad Diced Peaches Cookie Milk 9	Tex-Mex Stack Lettuce /Tomato Garnish Charro Beans Tiny Tomato Cup Salsa Hot Cinnamon Apples Milk 10	Chef's Choice Savory Green Beans Mashed Potatoes Apple Milk 11
Meatball Sub Potato Rounds Fresh Veggie Cup Mixed Fruit Milk 14	Asian Stir Fry Flatbread Garden Salad Apple Milk 15	Fiesta Bowl Tiny Tomato Cup Fruity Gelatin Milk 16	Cheeseburger Hamburger Garnish Cucumber Slices Baby Carrots Cinnamon Applesauce Cookie Milk 17	Chef's Choice Charro Beans Seasoned Corn Fresh Fruit Fruit Crisp Milk 18
No School  21	French Bread Pizza Marinara Sauce California Blend Garden Salad Mixed Fruit Pudding Milk 22	Chicken Quesadilla Lettuce /Tomato Garnish Black Beans Mexicali Corn Salsa Pineapple Tidbits Milk 23	Ham and Cheese on Pretzel Bun Baby Carrots Celery Sticks Diced Peaches Milk 24	No School  25
28	29	30	31	

HEALTHY SUMMER MEALS FOR KIDS
 No Cost For Kids 18 and Younger



+200
 +100
 +50

Fun facts on back!

MAY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

WOLVERINE CAFE

Special Announcements

9th-12th Lunch

Choose at least 3 Items, including:

- 1/2 cup of Fruit or Vegetables
- At least 2 other Food Groups



Food Groups
Meat/Meat Alternates
Grains
Vegetables
Fruits
Milk

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

Texas Basket
Sliced Carrots
Mixed Fruit
Milk 7

Meatball Sub
Potato Rounds
Fresh Veggie Cup
Mixed Fruit
Milk 14

No School



21

Meat and Cheese Chalupas
Spanish Rice
Lettuce /Tomato Garnish
Zesty Cucumbers
Refried Beans
Salsa
Rosy Applesauce
Milk 1

Grilled Cheese Sandwich
Multi Grain Chips
Broccoli
Fresh Veggie Cup
Mandarin Oranges
Milk 8

Asian Stir Fry
Flatbread
Garden Salad
Apple
Milk 15

French Bread Pizza
Marinara Sauce
California Blend
Garden Salad
Mixed Fruit
Pudding
Milk 22

Fish Sticks
Mac and Cheese
Coleslaw
Savory Green Beans
Orange
Milk 2

Chicken Alfredo
2 Breadsticks
Tuscan Vegetables
Garden Salad
Diced Peaches
Cookie
Milk 9

Fiesta Bowl
Tiny Tomato Cup
Fruity Gelatin
Milk 16

Chicken Quesadilla
Spanish Rice
Lettuce /Tomato Garnish
Black Beans
Mexicali Corn
Salsa
Pineapple Tidbits
Milk 23

Chicken Tenders
Texas Toast
Gravy
Broccoli
Sweet Potatoes
Mixed Fruit
Crispy Cereal Treat
Milk 3

Tex-Mex Stack
Spanish Rice
Lettuce /Tomato Garnish
Charro Beans
Tiny Tomato Cup
Salsa
Hot Cinnamon Apples
Milk 10

Cheeseburger
Hamburger Garnish
Cucumber Slices
Baby Carrots
Cinnamon Applesauce
Cookie
Milk 17

Ham and Cheese on Pretzel Bun
Baby Carrots
Celery Sticks
Diced Peaches
Milk 24

Chef's Choice
Garden Salad
Carrots
Apple
Milk 4

Chef's Choice
Savory Green Beans
Mashed Potatoes
Apple
Milk 11

Chef's Choice
Spanish Rice
Charro Beans
Seasoned Corn
Fresh Fruit
Fruit Crisp
Milk 18

No School



25

28

29

30

31

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 1
For A Meal Near You!
Call 211 or Text 211 to 877-877

+200
+100
+50

Fun facts on back!