



School Information:

3451 Dana Ave. Brownsville, TX 78526
956-544-1348



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

7

8

9

10

11

14

15

16

Muffins
Fruit
Juice
Choice of Milk

17

Yogurt & Graham Crackers
Fruit
Juice
Choice of Milk

18

Pig in a blanket
Fruit
Juice
Choice of Milk

21

Waffles
Fruit
Juice
Choice of Milk

22

Muffins
Fruit
Juice
Choice of Milk

23

Pancakes
Fruit
Juice
Choice of Milk

24

Cereal
Fruit
Juice
Choice of Milk

25

Pig in a blanket
Fruit
Juice
Choice of Milk

28

Pancakes
Fruit
Juice
Choice of Milk

29

Biscuit W/ Sausage
Patty
Fruit
Juice
Choice of Milk

30

Ham, Beans & Cheese Taco
Fruit
Juice
Choice of Milk

31

French Toast
Fruit
Juice
Choice of Milk

Blank box for August 31st



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7

8

9

10

11

14

15

16

Chicken Nuggets
Corn
Mashed Potato
Fruit
Choice of Milk

17

Hot Dogs
Baked Beans
Green Beans
Fruit
Choice of Milk

18

Pizza
Spinach
Salad
Broccoli
Fruit
Choice of Milk

21

Pollo con Papas
Beans
Tortilla
Fruit
Choice of Milk

22

Beef Crunchy Tacos
Lettuce & Tomato
Beans
Fruit
Choice of Milk

23

Italian Meatballs Sub
Macaroni & Cheese
Broccoli
Fruit
Choice of Milk

24

Chicken Burger
Corn
Lettuce & Tomato
Fruit
Choice of Milk

25

Pizza
Spinach
Salad
Broccoli
Fruit
Choice of Milk

28

Beef & Cheese Nachos
Beans
Lettuce & Tomato
Fruit
Choice of Milk

29

Corn Dogs
Mixed Vegetable
Potato Chips
Fruit
Choice of Milk

30

Chicken Nuggets
Corn
Mashed Potato
Fruit
Choice of Milk

31

Pollo con Papas
Beans
Tortilla
Fruit
Choice of Milk

