



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

Holiday 2

Ham & Cheese sandwich 3
Salad
Potato
Fruit
Milk

Nuggets 4
Broccoli
Corn
Fruit
Milk

Beef tostadas 5
Beans
Rice
Fruit
Milk

Pizza 6
Corn
Spinach salad
Fruit
milk

Carne desebrada 9
Beans
Tortillas
Fruit
milk

Brisket sandwich 10
Corn
Mac & cheese
Fruit
Milk

Pollo con papas 11
Rice
Beans
Fruit
Milk

Corn dogs 12
Mix veggies
Mash potato
Fruit
Milk

Pizza 13
Carrots
Garden salad
Fruit
Milk

Holiday 16

Chili dogs 17
Chili beans
Green beans
Fruit
Milk

Sloppy joe burger 18
Broccoli
Potato
Fruit
Milk

Pollo con Calabaza 19
Rice
Beans
Fruit
Milk

Pizza 20
Corn
Spinach salad
Fruit
milk

Nuggets 23
Broccoli
Corn
Fruit
Milk

Beef tostadas 24
Rice
Beans
Fruit
Milk

Chicken burger 25
Potato
Salad
Fruit
Milk

Ham & Cheese sandwich 26
Salad
Potato
Fruit
Milk

Pizza 27
Carrots
Garden salad
Fruit
Milk

Pollo con papas 30
Rice
Beans
Fruit
Milk

Hamburger 31
Potato
Salad
Fruit
Milk





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Monday

Tuesday

Wednesday

Thursday

Friday

Holiday 2

Pig in a blanket 3
Juice
Fruit
Milk

Waffles 4
Juice
Fruit
Milk

Pop tarts 5
Juice
Fruit
Milk

French toast 6
Juice
Fruit
Milk

Tacos 9
Juice
Fruit
Milk

Granola bars 10
Juice
Fruit
Milk

Pancakes 11
Juice
Fruit
Milk

Cereal 12
Juice
Fruit
Milk

Pig in a blanket 13
Juice
Fruit
Milk

Holiday 16

Muffins 17
Juice
Fruit
Milk

Cereal 18
Juice
Fruit
Milk

Pig in a blanket 19
Juice
Fruit
Milk

French toast 20
Juice
Fruit
Milk

Cereal 23
Juice
Fruit
Milk

Tacos 24
Juice
Fruit
Milk

Waffles 25
Juice
Fruit
Milk

Granola bars 26
Juice
Fruit
Milk

Pancakes 27
Juice
Fruit
Milk

Pig in a blanket 30
Juice
Fruit
Milk

Muffins 31
Juice
Fruit
Milk

