



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

Pop tarts
Juice
Fruit
Milk

1

Muffins
Juice
Fruit
Milk

2

Tacos
Juice
Fruit
Milk

3

Waffles
Juice
Fruit
Milk

4

Pig in a blanket
Juice
Fruit
Milk

5

Cereal
Juice
Fruit
Milk

8

French toast
Juice
Fruit
Milk

9

Pancakes
Juice
Fruit
Milk

10

Granola bars
Juice
Fruit
Milk

11

Pop tarts
Juice
Fruit
Milk

12

Pig in a blanket
Juice
Fruit
Milk

15

Waffles
Juice
Fruit
Milk

16

French toast
Juice
Fruit
Milk

17

Cereal
Juice
Fruit
Milk

18

Pop tarts
Juice
Fruit
Milk

19

Pancakes
Juice
Fruit
Milk

22

Cereal
Juice
Fruit
Milk

23

Granola bars
Juice
Fruit
Milk

24

Pig in a blanket
Juice
Fruit
Milk

25

French toast
Juice
Fruit
Milk

26

Pop tarts
Juice
Fruit
Milk

29

Muffins
Juice
Fruit
Milk

30

Tacos
Juice
Fruit
Milk

31





Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

Baked chicken **1**
 Potato
 Carrots
 Fruit
 Milk

Carne desebrada **2**
 Beans
 Tortilla
 Fruit
 Milk

Pollo con papas **3**
 Rice
 Beans
 Fruit
 Milk

Corn dogs **4**
 Mixed veggies
 Mash potato
 Fruit
 Milk

Pizza **5**
 Carrots
 Garden salad
 Fruit
 Milk

Beef & cheese nachos **8**
 Beans
 Lettuce & tomato
 Fruit
 Milk

Chili dogs **9**
 Chili beans
 Green beans
 Fruit
 Milk

Brisket sandwich **10**
 Corn
 Mac & cheese
 Fruit
 Milk

Pollo con Calabaza **11**
 Brown rice
 Beans
 Fruit
 Milk

Pizza **12**
 Corn
 Mix spinach salad
 Fruit
 Milk

Nuggets **15**
 Corn
 Potato
 Fruit
 Milk

Beef tostadas **16**
 Rice
 Beans
 Fruit
 Milk

Sloppy joe burger **17**
 Broccoli
 Potato
 Fruit
 Milk

Carne desebrada **18**
 Beans
 Tortillas
 Fruit
 Milk

Pizza **19**
 Carrots
 Garden salad
 Fruit
 Milk

Baked chicken **22**
 Potato
 Carrots
 Fruit
 Milk

Corn dogs **23**
 Mixed veggies
 Mash potato
 Fruit
 Milk

Pollo con papas **24**
 Rice
 Beans
 Fruit
 Milk

Beef & cheese nachos **24**
 Beans
 Lettuce & tomato
 Fruit
 Milk

Pizza **26**
 Corn
 Mix spinach salad
 Fruit
 Milk

Chili dogs **29**
 Chili beans
 Green beans
 Fruit
 Milk

Carne guisada **30**
 Rice
 Beans
 Fruit
 Milk

Ham & cheese sandwich **31**
 Potato
 Carrots
 Fruit
 Milk

