<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| B: Tasteeos, WG Toast w/ Margarine, Oranges, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Peaches, Milk  
S: Graham Crackers |
| B: Turkey Sausage, WG Toast w/Margarine, Apples, Milk  
L: Chicken Fajita on WG Tortilla, Black Beans, Pineapple, Milk  
S: Cheddar Cheese Cubes, Saltine Crackers |
| B: Pancakes w/ Syrup & Margarine, Turkey Sausage, Baked Apples, Milk  
L: Grilled Chicken Nuggets, Corn, Mixed Fruit, WG Roll, Milk |
| S: Corn Flakes, WG Toast, w/Margarine, Bananas, Milk  
L: Spaghetti w/ Ground Beef, Steamed Carrots, Pear, WG Bread, Milk  
S: Yogurt |
| B: Egg Omelet, WG Toast, Oranges, Milk  
L: Toasted Cheese on WG Bread, Green Beans, Orange Halves, Milk  
S: Goldfish Crackers |
| B: Tasteeos, WG Toast, Oranges, Milk  
L: Sloppy Joe on a WG Bun, Steamed Carrots, Peaches, Milk  
S: Cheese Crackers |
| B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad w/Lite Ranch, Applesauce, Milk  
S: Cheddar Cheese Cubes, Saltine Crackers |
| B: Corn Omelet, WG Toast w/Margarine, Apples Slices, Milk  
L: Fish Shapes, Sweet Potato Fries w/Ketchup, Pears, WG Bread, Milk  
S: Bananas |
| B: Corn Chex, WG Toast w/Margarine, Bananas, Milk  
L: Sweet and Sour Chicken, Brown Rice, Broccoli, Pineapple, Milk  
S: Apples |
| B: Corn Omelet, WG Toast, Orange Halves, Milk  
L: BBQ Chopped Chicken on WG Bread, Green Beans, Pears, Milk  
S: Graham Crackers |
| B: Corn Chex, WG Toast, Orange Halves, Milk  
L: Grilled Chicken Nuggets, Corn, Mixed Fruit, WG Roll, Milk  
S: Cheese Crackers |
| B: Boiled Egg, WG Toast w/Margarine, Apples Slices, Milk  
L: Macaroni and Meat Sauce, Spinach, Applesauce, WG Bread, Milk  
S: Banana |
| B: Tasteeos, WG Toast w/Margarine, Orange Halves, Milk  
L: Ground Beef w/Spaghetti Sauce, Steamed Carrots, WG Bread, Pears, Milk  
S: Animal Crackers |
| B: Boiled Egg, WG Toast w/Margarine, Apple Slices, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Cheddar Cheese Cubes, Saltine Crackers |
| B: Boiled Egg, WG Toast w/Margarine, Apple Slices, Milk  
L: Macaroni and Meat Sauce, Spinach, Applesauce, WG Bread, Milk  
S: Banana |
| B: Tasteeos, WG Toast w/Margarine, Orange Halves, Milk  
L: Ground Beef w/Spaghetti Sauce, Steamed Carrots, WG Bread, Pears, Milk  
S: Animal Crackers |

**Vegetarian Option**

1/3 Cheese Quesadilla  
1/4 Veggie Nuggets  
1/5 Spaghetti w/Meat Sub. & Sauce  
1/9 Cheese Quesadilla  
1/10 Meat Sub. & Sauce on a WG Bun  
1/11 Black Bean & Cheese Quesadilla  
1/12 Sweet & Sour Veggie Nuggets  
1/13 Veggie Burger  
1/18 Veggie Nuggets  
1/19 Meat Sub on WG Tortilla  
1/20 Cheese Sub  
1/23 Veggie Pattie  
1/24 Veggie Nuggets  
1/25 Mac. w/Meat Sub. & Sauce  
1/26 Meat Sub. w/Taco Sauce On WG Bun  
1/27 Veggie Pattie

**Holiday:**

16

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

17

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

18

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

19

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

20

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

21

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

22

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

23

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

24

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

25

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

26

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

27

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

28

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

29

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

30

B: Tasteeos, WG Toast, Orange Halves, Milk  
L: Pizza 50/50, Romaine & Tomato Salad, Pears, Milk  
S: Graham Crackers

**Special Announcements**

100% Whole Grain (WG) Products Served  
Milk Choices: Whole, 1% or Fat Free  
Canned Fruit is always drained and in light syrup  
This institution is an equal opportunity provider.
Eggs

Eggs come in all different colors and sizes. The eggs that we buy at the store are produced by female chickens, known as hens. Egg whites are a great source of protein and egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Vitamin D: Since sunlight is a natural source of vitamin D it is sometimes called the "sunshine vitamin". Vitamin D helps our immune system function normally. It's also important for our bones and teeth to grow and be strong.

Farm Regions: High Plains, North Texas, Central Texas, and Coastal Bend

A Rainbow of Egg Colors:

Eggs can be shades of green, blue, tan, and dark brown. Hens with white feathers tend to lay white eggs, while hens with red feathers tend to lay brown eggs. The colored eggs usually come from a variety of different breeds of chickens.

Milk

Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

Calcium: Milk is an excellent source of calcium, helping build and maintaining strong bones and teeth.

Farm Regions: Entire state of Texas

Did You Know? One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

Visit: SquareMeals.org/SeasonalityWheel

This product was funded by USDA. This institution is an equal opportunity provider.