

April 2014

Greetings From TEXAS



Hids, there are many ways to rise and shine with dairy products. For breakfast, try creating a yogurt parfait by layering yogurt, granola and berries in a glass or bowl. It is one creation you will have fun making and eating!

Monday

Tuesday

Wednesday

Thursday

Friday

Biscuit & Chicken Sausage Patty
Juice Variety
Milk Variety

Chicken Taco w/ Lettuce
Tomato and Cheese
Refried Beans
Peaches
Milk Variety
Salsa **1**

Pancakes w/ Syrup
Juice Variety
Milk Variety

Meatloaf
WG Roll
Mashed Potatoes
Green Beans
Apple
Milk Variety **2**

Breakfast Pizza
Juice Variety
Milk Variety

Breaded Alaskan Pollock
Roasted Corn
Celery Sticks
Pineapple Tidbits
Milk Variety
Tartar Sauce **3**

Oatmeal w/ Brown Sugar
Juice Variety
Milk Variety

Cheese Pizza
Romaine Salad w/
Garbanzo Beans
Oranges
Milk Variety
Italian **4**

Fun Fact Did you know Texas dairies produce enough milk to fill the Dallas Cowboys' home football stadium five times!



WG Cereal Variety
WG Crackers/Bars
Juice Variety
Milk Variety

Chicken & Cheese Quesadillas
Pinto Beans
Carrot Sticks
Tropical Fruit
Milk Variety **7**

French Toast Sticks w/ Syrup
Juice Variety
Milk Variety

Meatballs w/ Marinara
Cheesy Garlic Breadstick
Romaine & Tomato Salad
Peaches
Milk Variety
Italian **8**

Cheese Omelet
Juice Variety
Milk Variety

Jumbo BBQ Chicken
Drumstick
Macaroni & Cheese
Roasted Corn
Celery Sticks
Apple
Milk Variety **9**

Whole Grain Waffles
Juice Variety
Milk Variety


Salisbury Steak
WG Roll
Mashed Potatoes
Tomato/Bean Salad
Banana
Milk Variety **10**

Breakfast Taco w/ Salsa
Juice Variety
Milk Variety

Pepperoni Pizza
Romaine & Cucumber Salad
Pears
Milk Variety **11**

Special Announcements

St. Anthony



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

This product was funded by USDA.
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WG Cereal Variety
WG Crackers/Bars
Juice Variety
Milk Variety

Grilled Chicken Sandwich on WG Bun
Roasted Corn
Ranch Style Beans
Pears
Milk Variety **14**

Breakfast Pizza
Juice Variety
Milk Variety

Mini WG Corn Dogs
Steamed Carrots
Celery Sticks
Mandarin Oranges
Ranch
Milk Variety **15**

Pancake on a Stick
Juice Variety
Milk Variety

Teriyaki Meatballs w/ Rice
Asian Cucumber Salad
Green Peas
Banana
Milk Variety **16**

Oatmeal w/ Brown Sugar
Juice Variety
Milk Variety

Chicken Fajita with Cheese,
Sour Cream and Jalapenos
Refried Beans
Ranch Style Beans
Pineapple Tidbits
Milk Variety **17**

Biscuit & Chicken Sausage Patty
Juice Variety
Milk Variety

Cheese Pizza
Romaine & Broccoli Salad
Apple
Milk Variety
Italian **18**

WG Cereal Variety
WG Crackers/Bars
Juice Variety
Milk Variety

Chicken Taco w/ Lettuce
Tomato and Cheese
Refried Beans
Peaches
Milk Variety
Salsa **21**

Biscuit & Chicken Sausage Patty
Juice Variety
Milk Variety

Mini Burgers
Tater Gems
Carrot Sticks
Banana
Milk Variety
Ranch/Ketchup **22**

Whole Grain Waffles
Juice Variety
Milk Variety

Parmesan Risotto with Chicken
Steamed Cauliflower
Tomato/Garbanzo Bean Salad
Banana
Milk Variety **23**

Breakfast Pizza
Juice Variety
Milk Variety

Meatball Sub
Roasted Corn
Celery Sticks
Pineapple Tidbits
Milk Variety **24**

Breakfast Taco w/ Salsa
Juice Variety
Milk Variety

Pepperoni Pizza
Romaine & Cucumber Salad
Pears
Milk Variety **25**

WG Cereal Variety
WG Crackers/Bars
Juice Variety
Milk Variety

Jumbo BBQ Chicken
Drumstick
Macaroni & Cheese
Cajun Breaded Okra
Celery Sticks
Apple
Milk Variety **28**

French Toast Sticks w/ Syrup
Juice Variety
Milk Variety

Meatballs w/ Marinara
Cheesy Garlic Breadstick
Romaine & Tomato Salad
Peaches
Milk Variety
Italian **29**

Oatmeal w/ Brown Sugar
Juice Variety
Milk Variety

Chicken Fajita with Cheese,
Sour Cream and Jalapenos
Refried Beans
Ranch Style Beans
Pineapple Tidbits
Milk Variety **30**



Exercise! Spring is here!

Take time each day to go outside and get some fresh air. Enjoy a walk with your family or run a few laps around the school playground with your friends. Exercise can help you feel relaxed, help you sleep better and keep you fit.