

MARCH

2019

GOOD EATS AT

The Wildcat Café
Headstart – Elementary Lunch

SPECIAL ANNOUNCEMENTS

All students are offered a complete meal to include the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the five (5) to be considered a full meal, but are encouraged to take all five (5). One (1) of the items chosen must be a fruit or vegetable. A choice of milk is offered daily.

Menus are subject to change due to availability.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

   

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

M **T** **W** **TH** **F**

ART CONTEST CONTINUES
"You ART what You Eat"
Create and enter today!
SquareMeals.org/artcontest

It's **GUS JUSTICE** to the rescue!

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Chicken Strips w/Texas Toast
BBQ Beef or Pork on a Bun
Baked Beans
Fruit
4

Beefy Tacos
Xtreme Burrito w/White Cheese Sauce
Mexicali Corn
Fruit
5

Asian Beef & Broccoli w/Egg Roll
General Tso's Chicken w/Egg Roll
Fried Rice
Oriental Vegetables
Fruit
6

Ham & Cheese Melt
Chicken & Noodles
Mixed Vegetables
Fruit
7

Sack Lunch:
Corn Dogs
Tortilla Chips
Granny Smith Apple
Milk
Early Release Day 1
8

SPRING BREAK 11

SPRING BREAK 12

SPRING BREAK 13

SPRING BREAK 14

SPRING BREAK 15

Beefy Spaghetti w/Garlic Toast
Cheese Sticks w/Marinara
Italian Vegetables
Fruit
18

Chicken Fajitas
Beef & Bean Tamale Pie
Refried Beans
Peppers & Onions
Fruit
19

Chili Cheese Combo
Meatball Sub
Green Peas
Fruit
20

Chicken Nuggets w/ Waffles
Beef Stew w/Crackers
5-Way Vegetables
Fruit
21

Pepperoni Pizza
Chicken Sandwich (Regular or Spicy)
Crinkle Cut French Fries
Sidekicks
22

Steak Fingers w/Roll
Breaded Pork Chop w/Roll
Baby Bakers
Ranchy Green Beans
Fruit
25

Beefy Nachos
Chicken Crisпитos
Charro Beans
Fruit
26

Lasagna w/Garlic Toast
French Bread Pizza
Italian Vegetables
Fruit
27

Turkey Wrap Florentine
Chicken Fried Steak on a Bun
Carrot Coins
Fruit
28

Cheeseburger
Popcorn Chicken w/Roll
Potato Wedges
Sidekicks
29