

# MAY 2018

MON TUE WED THUR FRI

**Good Eats at:**  
**ELEMENTARY SCHOOLS**

**'YOU ART WHAT YOU EAT'**  
ART CONTEST  
CREATE & ENTER!  
ENDS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

**Special Announcements**

**Blue Haze, North, West & Liberty CAFE**  
Variety of Sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.

To view your student's daily purchases, lunch account balance, apply for free or reduced meals, and/or pre pay lunch account go to [brewerbearcafe.com](http://brewerbearcafe.com)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



		<b>Turkey Hot Dog*</b> Vegetarian Beans Broccoli & Cheese Potato Smiles Chilled Variety of Fruit <i>*Nitrate Free</i> 1	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Spanish Rice Pinto Beans Lettuce & Tomato Salad Chilled Variety of Fruit 2	<b>Build Your Own Salad</b> Popcorn Chicken w/ Roll Tomato, Celery, Black Beans, Shredded Carrots, Mandarin Oranges, Diced Apples, Corn, Chilled Variety of Fruit 3	<b>Fish Sandwich or The MAX Pizza:</b> Pepperoni, Cheese, or Veggie, Corn Carrot Sticks w/ Dip Chilled Variety of Fruit 4
<b>Tyson Chicken Nuggets w/ Roll</b> Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit 7	<b>Grilled Cheese Sandwich</b> Corn Veggies w/ Dip Chilled Variety of Fruit 8	<b>Penne Pasta w/ Marinara Chicken Meatballs</b> Garlic Toast, Green Beans Large Garden Salad Chilled Variety of Fruit 9	<b>Cheeseburger or Hamburger</b> Lettuce, Tomato, Pickle Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit 10	<b>Cheesy Pizza Bites w/ Marinara</b> Corn Veggies w/ Dip Chilled Variety of Fruit 11	
<b>Breaded Chicken Drumstick w/ Roll</b> Mashed Potatoes Glazed Carrots Green Beans Chilled Variety of Fruit 14	<b>Breaded/ Grilled Chicken Sandwich</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit 15	<b>Beef N Cheese Nachos</b> Refried Beans Large Garden Salad Chilled Variety of Fruit 16	<b>Crispy Fish Sticks</b> Mac N Cheese Ranch Style Beans Green Beans Chilled Variety of Fruit 17	<b>The MAX Pizza:</b> Pepperoni, Cheese, or Veggie, Corn Garden Salad Chilled Variety of Fruit 18	
<b>Steak Fingers w/ Wheat Roll</b> Steamed Spinach Glazed Carrots Chilled Variety of Fruit 21	<b>Turkey Corn Dog</b> Vegetarian Beans Broccoli & Cheese Potato Smiles Chilled Variety of Fruit 22	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Spanish Rice Pinto Beans Lettuce & Tomato Salad Chilled Variety of Fruit 23	<b>Pizza</b> Corn Veggies w/ Dip Garden Salad Chilled Variety of Fruit 24	<b>HOLIDAY</b> 25	
<b>HOLIDAY</b> 28	<b>NO SCHOOL</b> 29	<b>NO SCHOOL</b> 30	<b>NO SCHOOL</b> 31		

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger



**WSISD Offers Fresh Fruits Daily! Some examples are:**  
-strawberries, pineapple, apples, oranges, plums, peaches, melons, and bananas  
**All our vegetables are fresh or from frozen and include:**  
-tomatoes, celery, carrots, broccoli, cauliflower, cucumber, cabbage, spinach, romaine lettuce, mushrooms, radishes