

MARCH 2018

MON TUE WED THUR FRI

Special Announcements

Brewer High School Café
 Variety of Sandwiches & salads are offered daily. Choice of skim Chocolate Milk or 1% white Milk with each meal.
 *Nitrate Free

M-W-F: Breaded Chicken Sandwich, **T-TH:** Cheeseburger
 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

'YOU ART WHAT YOU EAT'
 ART CONTEST
 CREATE & ENTER!
 STARTS MARCH 18!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Good Eats at:

BREWER HIGH SCHOOL

<p>Chicken Nuggets w/ Roll Mashed Potatoes Glazed Carrots Steamed Spinach Chilled Variety of Fruit 5</p>	<p>Grilled Ham & Cheese Sandwich Green Beans Lettuce, Tomato, Pickle Chilled Variety of Fruit 6</p>	<p>Beef Soft or Crunchy Tacos w/ Cheese Spanish Rice Refried Beans Large Lettuce & Tomato Chilled Variety of Fruit 7</p>	<p>Crispy Fish Sticks w/ Roll Mac n Cheese Potato Smiles Veggies w/ Dip Chilled Variety of Fruit 8</p>	<p>Breaded Orange Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 2</p>
HOLIDAY 12	HOLIDAY 13	HOLIDAY 14	HOLIDAY 15	HOLIDAY 16
<p>Breaded Chicken Fingers w/ Wheat Roll Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit 19</p>	<p>Build Your Own Salad Popcorn Chicken w/ Roll Romaine/ Spinach Mix Tomato, Diced Celery, Black Beans, Corn Mandarin Oranges, Diced Apples Chilled Variety of Fruit 20</p>	<p>Chicken Fajitas w. Wheat Tortillas Pinto Beans Spanish Rice Large Garden Salad Lettuce, Tomato, Pickle Chilled Variety of Fruit 21</p>	<p>Turkey Corn Dog* Baked Vegetarian Beans Potato Smiles Broccoli w/ Cheese Lettuce, Tomato, Pickle Chilled Variety of Fruit 22</p>	<p>General TSO Breaded Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 23</p>
<p>Steak Fingers w/ Roll Mashed Potatoes Glazed Carrots English Peas Chilled Variety of Fruit 26</p>	<p>Penne Pasta w/ Beef Meatballs & Marinara, Garlic Texas Toast, Broccoli Black-eyed Peas Large Garden Salad Chilled Variety of Fruit 27</p>	<p>Beef N Cheese Nachos Corn Refried Beans Garden Salad Chilled Variety of Fruit 28</p>	<p>Turkey Hot Dog* Tater Tots Ranch Style Beans Lettuce, Tomato, Pickle Chilled Variety of Fruit 29</p>	<p>Breaded Orange Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 30</p>

SCHOOL BREAKFAST WEEK
 MARCH 5-9
squaremeals.org/sbw

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