

MAY 2018

MON TUE WED THUR FRI

Good Eats at:

BREWER HIGH SCHOOL

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

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



	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 1	Chicken Fajitas w. Wheat Tortillas Pinto Beans Spanish Rice Large Garden Salad Lettuce, Tomato, Pickle Chilled Variety of Fruit 2	Turkey Corn Dog* Baked Vegetarian Beans Potato Smiles Broccoli w/ Cheese Lettuce, Tomato, Pickle Chilled Variety of Fruit 3	General TSO Breaded Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 4
Steak Fingers w/ Roll Mashed Potatoes Glazed Carrots English Peas Chilled Variety of Fruit 7	Penne Pasta w/ Beef Meatballs & Marinara, Garlic Texas Toast, Broccoli Black-eyed Peas Large Garden Salad Chilled Variety of Fruit 8	Beef N Cheese Nachos Corn Refried Beans Garden Salad Chilled Variety of Fruit 9	Turkey Hot Dog* Tater Tots Ranch Style Beans Lettuce, Tomato, Pickle Chilled Variety of Fruit 10	Breaded Orange Chicken w/ Brown Rice Peas & Carrots Carrot Sticks w/ Dip Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 11
Chicken Nuggets w/ Roll Mashed Potatoes Glazed Carrots Steamed Spinach Chilled Variety of Fruit 14	Grilled Cheese Sandwich Green Beans Lettuce, Tomato, Pickle Carrot Sticks Chilled Variety of Fruit 15	Beef Soft or Crunchy Tacos w/ Cheese Spanish Rice Refried Beans Large Lettuce & Tomato Chilled Variety of Fruit 16	Crispy Fish Sticks w/ Roll Mac n Cheese Potato Smiles Veggies w/ Dip Chilled Variety of Fruit 17	Chicken Cherry Blossoms w/ Brown Rice Peas & Carrots Carrot Sticks Large Spinach Salad Fortune Cookie Chilled Variety of Fruit 18
Breaded Chicken Drumstick w/ Wheat Roll Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit 21	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 22	Chicken Fajitas w. Wheat Tortillas Pinto Beans Spanish Rice Large Garden Salad Lettuce, Tomato, Pickle Chilled Variety of Fruit 23	Turkey Hot Dog* Baked Vegetarian Beans Potato Smiles Broccoli w/ Cheese Lettuce, Tomato, Pickle Chilled Variety of Fruit *Nitrate Free 24	HOLIDAY 25
HOLIDAY 28	NO SCHOOL 29	NO SCHOOL 30	NO SCHOOL 31	Fun on 6

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