

MARCH 2018

MON

TUE

WED

THUR

FRI

Special Announcements

Tannahill Café

Variety of Sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.
*Nitrate Free

Tues & Fri: Variety of Pizza

Thursday: Cheeseburger/ Hamburger

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: TANNAHILL INTERMEDIATE

Tyson Chicken Nuggets w/ Wheat Roll
Mashed Potatoes
Glazed Carrots
Steamed Spinach
Chilled Variety of Fruit **5**

Crispy Fish Sticks
Ranch Style Beans
Mac & Cheese
Large Garden Salad
Chilled Variety of Fruit **6**

Brewer Bear Chili w/ Cheese
Nacho Chips
Corn Bread, Corn
Large Garden Salad
Chilled Variety of Fruit **7**

Turkey Corn Dog
Baked Vegetarian Beans, Baked Potato Smiles, Carrot Sticks w/ Dip, Lettuce, Tomato, Pickle
Chilled Variety of Fruit **1**

Breaded Orange Chicken w/ Brown Rice
Peas & Carrots
Large Spinach Salad w/ Mandarin Oranges
Chilled Variety of Fruit **2**

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

HOLIDAY
12

HOLIDAY
13

HOLIDAY
14

HOLIDAY
15

HOLIDAY
16

Breaded Chicken Drumstick w/ Wheat Roll
Mashed Potatoes
Steamed Spinach
Glazed Carrots
Chilled Variety of Fruit **19**

Grilled Cheese Sandwich
Black Eyed Peas
Homemade Vegetable Soup
Garden Salad
Chilled Variety of Fruit **20**

Build Your Own Salad
Popcorn Chicken w/ Roll
Romaine/ Spinach Mix, Diced Celery, Black Beans, Corn, Shredded Carrots, Mandarin Oranges, Diced Apples
Chilled Variety of Fruit **21**

Turkey Hot Dog* or Hamburger/ Cheeseburger
Ranch Style Beans
Baked Potato Smiles
Lettuce, Tomato, Pickle
Chilled Variety of Fruit
*Nitrate Free **22**

Penne Pasta w/ Beef Meatballs or Meatball Subs Or Variety of Pizza
Green Beans
Black-eyes Peas
Large Garden Salad
Chilled Variety of Fruit **23**

Mashed Potato Bowl w/ Meatballs
Wheat Roll
Garden Salad
Glazed Carrots
Chilled Variety of Fruit **26**

Breaded/ Grilled Chicken Sandwich
Broccoli & Cheese
Veggies w/ Dip
Lettuce, Tomato
Chilled Variety of Fruit **27**

Beef N Cheese Nachos
Corn
Refried Beans
Garden Salad
Chilled Variety of Fruit **28**

Turkey Corn Dog
Baked Vegetarian Beans, Baked Potato Smiles, Carrot Sticks w/ Dip, Lettuce, Tomato, Pickle
Chilled Variety of Fruit **29**

Breaded Orange Chicken w/ Brown Rice
Peas & Carrots
Large Spinach Salad w/ Mandarin Oranges
Chilled Variety of Fruit **30**