

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>2</p> <p>Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars, Lunch: Turkey, cheese, Crackers Corn, Pineapples Snack: Chex mix & Raisins HISD OUT FT</p>	<p>3</p> <p>Breakfast: Kix cereal & Watermelon Snack: Goldfish & Raisins Lunch: Chicken & veggie alfredo, Peas, Bananas Snack: Graham Crackers, Vanilla yogurt</p>	<p>4</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Pinwheels Lunch: Tator tot casserole, Mixed veggies, Pineapples Snack: Apples & Sun butter</p>	<p>5</p> <p>Breakfast: Pancakes w/ syrup, Pineapples Snack: Chef Kids: Alabama Barbeque biscuits Lunch: Meatball subs, Broccoli, Oranges Snack: Bananas & Animal crackers</p>
<p>8</p> <p>Breakfast: Belgian waffles, Oranges Snack: Carrots, crackers & Ranch dip Lunch: Chili & Cheese over rice, Green beans, Cantaloupe Snack: Goldfish & Raisins</p>	<p>9</p> <p>Breakfast: Whole wheat cheese toast, Cantaloupe Snack: Granola Bars Lunch: Beef tacos w/ cheese, lettuce, corn, Watermelon Snack: Cheerios mix, Raisins</p>	<p>10</p> <p>Breakfast: Cheerios cereal & Watermelon Snack: Lady bugs on a raft Lunch: Tomato soup, Grilled cheese, Peas, Bananas Snack: Cheese it's, Applesauce</p>	<p>11</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Fish in A River Lunch: Fiesta casserole, Mixed veggies, Pineapples Snack: Hummus & Ritz</p>	<p>12</p> <p>Breakfast: Buttermilk Biscuits, Pineapples Snack: Chef Kids: Maine Apple Lobsters Lunch: Chicken sandwich, Carrots, Oranges Snack: Apples & Sun butter</p>
	<p>16</p> <p>Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars, Lunch: Steak fingers & Gravy, Corn, Watermelon Snack: Chips & Salsa</p>	<p>17</p> <p>Breakfast: Rice Krispies cereal & Watermelon Snack: Broccoli, Ranch dip, Crackers Lunch: Cheese Pizza, Peas, Bananas Snack: Graham crackers, Yogurt</p>	<p>18</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Banana Snowman Lunch: Spaghetti, Mixed veggies, Pineapples Snack: Cheese it's, Applesauce</p>	<p>19</p> <p>Breakfast: Pancakes w/ syrup, Pineapples Snack: Chef Kids: New York Bagel Snowman Buns Lunch: Orange chicken, Rice, Broccoli, Oranges Snack: Pretzels & Mustard,</p>
<p>22</p> <p>Breakfast: Belgian waffles, Oranges Snack: Sun Butter, Graham crackers, Lunch: Beef veggie stew w/Rice, Cantaloupe Snack: Ritz crackers, Cheese, Pepperoni</p>	<p>23</p> <p>Breakfast: Whole wheat cheese toast, Cantaloupe Snack: Granola Bars Lunch: Bean & Cheese nachos, Corn, Watermelon Snack: Pretzels, Cubed cheese</p>	<p>24</p> <p>Breakfast: Mini Wheat cereal (Infants- Toddlers Cheerios Cereal) & Watermelon Snack: Goldfish & Raisins Lunch: BBQ chicken strips, Peas, Bananas Snack: Cheese it's, Applesauce</p>	<p>25</p> <p>Breakfast: Breakfast tacos, Bananas Snack: Winter Trail mix Lunch: Chicken & rice casserole, Mixed veggies, Pineapples Snack: Apples & Yogurt</p>	<p>26</p> <p>Breakfast: Buttermilk biscuits, Pineapples Snack: Chef Kids: Maryland Veggie Dip Lunch: Hamburgers, Carrots, Oranges Snack: Bean Nachos</p>
<p>29</p> <p>Breakfast: French toast sticks, Oranges Snack: Pretzels & Mustard Lunch: Chicken sandwiches, Green beans, Cantaloupe Snack: Rice cakes, Applesauce</p>	<p>30</p> <p>Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars Lunch: Meatballs & gravy over rice, Corn, Watermelon Snack: Apples & Sun butter</p>	<p>31</p> <p>Breakfast: Chex cereal & Watermelon Snack: Lady bug on a raft Lunch: Steak fingers, Peas, Bananas Snack: Cheerios & Raisins</p>		

Chef Kids

(Suites 350 – Private K)

1st Chef Kids: Alabama BBQ Biscuits - The kids will spoon BBQ ground beef onto a biscuit and eat.

Objective: The student will measure by the teaspoon.

2nd Chef Kids: Maine Apple Lobsters - The kids will make a lobster out of apple, yogurt, and raisins.

Objective: The student will sample sweet and savory flavors together and learn which parts of the tongue detect each.

3rd Chef Kids: New York Bagel Snowman - The kids will build a snowman using bagels, whipped cream, baby carrots, and raisins.

4th Chef Kids: Maryland Veggie Dip - The kids will mix in chopped broccoli in ranch dip and enjoy with Ritz crackers.

Objective: The student will practice stirring one food into another. First stirring clockwise and then counter clockwise to be sure thorough mixing is complete.

Objective: The student will use food to create a picture scene and express their creativity.



All Breakfast & Lunches are served with milk. All snacks are served with water. All breakfasts are served with fresh fruit. 4 pm snacks for Crawlers through Musicians will be either Cheerios or Goldfish. Every Friday we have Chef Kids cooking class for 350-Priv. K! All casseroles have additional vegetables in the sauces. All Menu items meet USDA food program regulations.

nutritious snacks from the TDA

-Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.