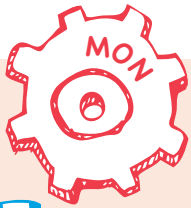


# GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

Join other districts around the state by participating in the theme days. Best practice is offering multiple entrees choices for the students. Use suggested menu as is for K-8 or 9-12 or add another entrée from TDA suggested recipes or local student favorites. \*Serve with a variety of milk each day!

## 9-12 MENU

### TDA ENTRÉE SUGGESTIONS



#### MONDAY • PASTA

Chicken Spinach Alfredo Bake  
Garlic Knot  
Kale and Cranberry Salad  
Roasted Cauliflower  
Fresh Texas Oranges & Pineapple Tidbits

Begin National School Lunch Week celebrations with these hearty pastas:

- Baked Cheesy Spaghetti Marinara
- Italian Pasta Salad
- Chicken Spinach Alfredo Bake

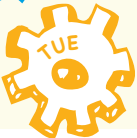


#### TUESDAY • ENCHILADAS

Veggie Enchiladas  
Street Corn & Spicy Black Beans  
Cubed Cantaloupe & Honeydew

Serve one of these vegetable packed enchilada recipes in additional to your classic cheese or beef enchiladas:

- Chicken Enchiladas
- Cheesy Vegetable Enchiladas



#### WEDNESDAY • CHILI & CORNBREAD

Green Pork Chili  
Jalapeno Cheddar Cornbread  
Glazed Carrots  
Fresh Sliced Cucumbers  
Sliced Peaches & Fresh Grapes

As October weather cools, serve one of these warm chilis paired with classic cornbread:

- Chili con Carne without Beans
- Pork Green Chili
- Protein Packed Two Bean Chili

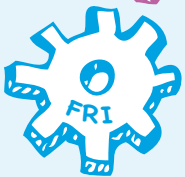


#### THURSDAY • RICE DISH

Korean Meatball Rice Bowl  
Garlic Parm Green Beans  
Cherry Tomatoes  
Watermelon Cubes & Fresh Banana

Inspire your students with these rice dishes with international inspired flavors:

- Paella
- Korean Meatball Rice Bowl
- Fiesta Rice and Beans Bowl



#### FRIDAY • FLATBREAD

Spicy Sriracha Tuna  
Southwest Chickpea Salad  
Fresh Broccoli  
Baked Pears & Fresh Texas Apples

Finish National School Lunch Week with a new flatbread recipe soon to be a student favorite:

- Veggie and Cheese Flatbread
- Spicy Sriracha Tuna Flatbread
- Spy Thai Beef Flatbread



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
National School Lunch Week



www.SquareMeals.org  
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