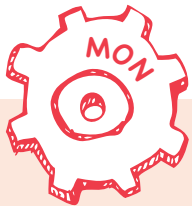


GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

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!



K-8 MENU

MONDAY • PASTA

Baked Spaghetti Marinara
Kale & Cranberry Salad
Texas Orange Slices

TDA ENTRÉE SUGGESTIONS

Begin National School Lunch Week celebrations with these hearty pastas:

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



TUESDAY • ENCHILADAS

Chicken Enchiladas
Street Corn
Spicy Black Beans
Cubed Cantaloupe

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

- Chicken Enchiladas
- Cheesy Vegetable Enchiladas

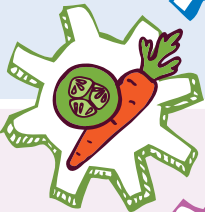


WEDNESDAY • CHILI & CORNBREAD

Classic Chili & Cornbread
Glazed Carrots
Sliced Peaches

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

Paella
Garlic Parm Green Beans
Watermelon Cubes

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

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



FRIDAY • FLATBREAD

Veggie & Cheese Flatbread
Southwest Chickpea Salad
Baked Pears

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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