

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RED & YELLOW BELL PEPPER

Red and yellow bell peppers grow everywhere in Texas and both are "hot" ingredients in dishes all over the world. Red bell peppers could be called the full-grown bell peppers because they are picked later than other bell peppers. They often have a sweeter taste. Yellow peppers are picked in the middle of their growing time and are in between green and red bell peppers on how ripe they get. Yellow bell peppers lack the sour taste green peppers sometimes have.

DID YOU KNOW?

Red and yellow bell peppers are both members of the nightshade family. They are related to tomatoes, eggplants, and potatoes.

FUN FACT

Red and yellow bell peppers are both members of the nightshade family. They are related to tomatoes, eggplants, and potatoes.

BELL PEPPER

• The High Heat • The High Heat • The High Heat

COMMISSIONER OF AGRICULTURE
SID MILLER

Aug

FEED YOUR CREATIVITY



	3	4	5	6
	10	11	12	13
	16	17	18	19
	23	24	25	26
	30	31	Daily Sack Lunch Option	

Cheesy Breadstick Bites
Marinara Cup
Fresh Celery Sticks
Fresh Orange Slices
Milk

first day of school

Chicken Tenders w/Garlic Bread
Steamed California Blend
Fresh Cucumber Slices
Apple Slices
Milk

Deep Dish Pizza
Sweet Potato Fries
Baked Beans
Fresh Grapes
Chilled Juice
Milk

Fish Nuggets
Macaroni & Cheese
Seasoned Broccoli
Fresh Baby Carrots
Farm Fresh Fruit
Milk

BBQ Rib Sub
Baked Beans
Seasoned Green Beans
Craisins
Milk

Hamburger
Potato Smiles
Fresh Baby Carrots
Chilled Pineapple
Milk

Chicken Nuggets w/ Cookie
Mashed Potatoes
Fresh Celery
Applesauce
Milk

Chili Cheese Nachos
Spanish Rice
Refried Beans
Salsa
Mixed Fruit Cup
Milk

Mandarin Orange Chicken w/Brown Rice
Seasoned Broccoli
Fresh Baby Carrots
Farm Fresh Fruit
Milk

Deep Dish Pizza
Seasoned Wedge Fries
Seasoned Broccoli
Pear Cup
Milk

Chicken Tenders w/Garlic Bread
Roasted Diced Potatoes
Fresh Baby Carrots
Fresh Apple Slices
Milk

Hamburger
Sweet Potato Fries w/ Celery Sticks
Fresh Orange Slices
Milk

Breaded Chicken Sandwich
Baked Beans
Fresh Cucumber Slices
Banana
Milk

Chicken Fajita w/ Tortilla
Harvest of the Month
Mexicali Corn
Shredded Lettuce
Salsa
Farm Fresh Fruit
Milk

Breaded Steak Sandwich
Crinkle Cut Fries
Seasoned Broccoli
Raisins
Milk

Chili Cheese Nachos
Spanish Rice
Refried Beans
Salsa
Mixed Fruit Cup
Milk

Daily Sack Lunch Option

<u>Monday</u> Yogurt & Muffin	<u>Tuesday</u> Turkey or Meatless Chef Salad	<u>Wednesday</u> Power Up Pack or Cheese Sub	<u>Thursday</u> Turkey or Meatless Chef Salad	<u>Friday</u> PBJ w/ Mozzarella Cheese Stick
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What Makes a Lunch?

Requirement: **Select 3-5 Components***

Must select 3-5 components to meet USDA National School Lunch Requirements

each color dot below represents a meal component

FRUITS VEGETABLES GRAINS

PROTEIN MILK

*1 component needs to be a OR

