

August 2016

HENDERSON ISD

LUNCH

Fruit of the Month: WATERMELON

Watermelon is a fruit and a veggie. It is related to the cucumber. It is really good for your eyes and brain. Watermelon has a ton of B6 vitamin!!!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

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12

15

16

17

18

19

22
CHICKEN FRIED STEAK OR
FISH STICKS
BLACK EYED PEAS
STEAMED CORN
PEACH CUPS
COOKIE
MILK

23
CHICKEN OR BEEF
CRISPY TACO CHOICE
REFRIED BEANS
LETTUCE/ TOMATO
STRAWBERRIES
MILK

24
CHICKEN STICKS
MASHED POTATOES
CHEESY BROCCOLI
FROZEN JUICE BAR
HOMEMADE ROLL
MILK

25
PEPPERONI PIZZA OR
CHEESE STICKS
COOKED CARROTS
GREEN BEANS
ORANGE SLICES
MILK

26
CORNDOG OR
CHEESEBURGER
WAFFLE FRIES
BURGER SALAD
FRESH FRUIT
MILK

29
KICKIN CHICKEN SANDWICH
REDUCED FAT CHIPS
FRESH BROCCOLI W/ DIP
BAKED BEANS
FROZEN JUICE BAR
MILK

30
HOTDOG OR
MEATBALL SUB SANDWICH
COOKED CARROTS
STEAMED CORN
DICED PEACHES
MILK

31
CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
WATERMELON
HOMEMADE ROLL
MILK

