

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



A.M. Milk/Water
Strawberry Newton
P.M. Juice/Water
Twinkies

A.M. Juice /Water
Wheat Bread/Jelly
P.M. Milk/Water
Popcorn w/ Cheese
Bites

1
A.M. Milk/Water
Whole Grain Cereal
P.M. Juice/Water
Peaches Cups

2
A.M. & P.M.
Milk/Water/Juice
Smorgasbord

6
A.M., Juice/Water
Whole Grain Cereal Bars
P.M, Milk/Water
Strawberry Chex Mix

7
A.M. Milk/Water
Nutr Grain Bars
P.M. Juice/Water
Frozen Fruit Bars

8
A.M., Juice/Water
Bananas
P.M, Milk/Water
Frito's w/ Bean Dip

9
A.M. Milk/Water
Vanilla Wafers
P.M. Juice/Water
Saltine/Pepperoni Slices

10
A.M. & P.M.
Milk/Water/Juice
Smorgasbord

13
A.M., Juice/Water
Cinnamon Biscuit
P.M, Milk/Water
Whole Grain Cereal

14
A.M. Milk/Water
Whole Grain Goldfish
P.M. Juice/Water
Salsa and Chips

15
A.M., Juice/Water
Yogurt
P.M, Milk/Water
Pudding Cups

16
A.M. Milk/Water
Bagels w/ Cream
Cheese
P.M. Juice/Water
Pretzels/Jelly

17
A.M. & P.M.
Milk/Water/Juice
Smorgasbord

SFSP Farm Fresh Challenge

20
A.M., Juice/Water
Pop Tart Bites
P.M, Milk/Water
Applesauce Cups

21
A.M. Milk/Water
Breakfast Bread
P.M. Juice/Water
Cheez It

22
A.M., Juice/Water
Pigs in Blanket
P.M, Milk/Water
Trail Mix

23
A.M. Milk/Water
Honey Grahams
P.M. Juice/Water
Nutri Grain Bars

24
A.M. & P.M.
Milk/Water/Juice
Smorgasbord

27
A.M., Juice/Water
Whole Grain Cereal
P.M, Milk/Water
Rice Kripies Treats

28
A.M. Milk/Water
Veggie Crackers
P.M. Juice/Water
Fruit Snacks

29
A.M., Juice/Water
String Cheese w/ Ritz
P.M, Milk/Water
Ham Cheese Wraps

30
A.M. Milk/Water
Pastry Crisp
P.M. Juice/Water
Cheddar Cheese
Crackers

Starting June 1:
**HEALTHY
SUMMER
MEALS
FOR KIDS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



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www.SquareMeals.org