

SHSU CHARTER: May 2018

As Prepared by The Healthy Lunch Box (281) 444-8444

Monday	Tuesday	Wednesday	Thursday	Friday																																																								
<table border="1"> <tr><td colspan="7">Apr 2018</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Apr 2018							M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							<p>1</p> <p>B: Pancake on a Stick, Banana, 100% Juice, 1% or FF Milk</p> <p>L: Tangy Chicken Drumstick, Potatoes w/Cheese, Green Peas, Wheat Roll, 100% Juice, 1% or FF Milk</p>	<p>2</p> <p>B: Kolache w/Turkey Sausage Blueberries, 100% Juice, 1% or FF Milk</p> <p>L: Burger, Mustard/Ketchup, Sliced Tomatoes, Corn Niblets, Apple Slices, 1% or FF Milk</p>	<p>3</p> <p>B: Wheat Roll w/Turkey & Cheese, Whole Apple, 1% or FF Milk</p> <p>L: Creamy Chicken Mac, Green Beans, Diced Carrots, Banana, 1% or FF Milk</p>	<p>4</p> <p>B: French Toast, Syrup, Fresh Oranges, 100% Juice, 1% or FF Milk</p> <p>L: Soft Beef Tacos, Mexican Rice, Diced Tomatoes, Pinto Beans, 100% Juice, 1% or FF Milk</p>
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<p>7</p> <p>B: Assorted Cereals, Whole Apple, 1% or FF Milk</p> <p>L: Chicken Breast(diced), Creamy Chicken Sauce, Curly Pasta, Romaine Salad w/Ranch Dressing, Carrots, Fresh Orange Slices, 1% or FF Milk</p>	<p>8</p> <p>B: Egg & Cheese Taco, Banana, 100% Juice, 1% or FF Milk</p> <p>L: Grilled Cheese Sandwich, Hamburger Veggie Soup, Corn Niblets, 100% Juice, 1% or FF Milk</p>	<p>9</p> <p>B: Homestyle Chicken Sandwich, Blueberries 100% Juice, 1% or FF Milk</p> <p>L: Chicken Nuggets, Broccoli Salad, Red Beans, Apple Slices, Chocolate Chip Cookie, 1% or FF Milk</p>	<p>10</p> <p>B: Apple Muffin, Whole Apple, 1% or FF Milk</p> <p>L: Soft Chicken Tacos, Diced Tomatoes/Ch. Cheese, Pinto Beans, Mexican Rice, Banana, 1% or FF Milk</p>	<p>11</p> <p>B: Waffle Sticks w/Syrup, Fresh Oranges, 100% Juice, 1% or FF Milk</p> <p>L: Burger, Mustard/Ketchup, Tomatoe Slices, Roasted Red Potatoes, 100% Juice, 1% or FF Milk</p>																																																								
<p>14</p> <p>B: Assorted Cereals, Whole Apple, 1% or FF Milk</p> <p>L: Grilled Chicken Breast, Gravy, Blended Rice, Broccoli, Corn, Fresh Orange Slices, 1% or FF Milk</p>	<p>15</p> <p>B: French Toast w/Syrup, Banana, 100% Juice, 1% or FF Milk</p> <p>L: Cheese Rigatoni, Green Beans, Cookie, 1% or FF Milk</p>	<p>16</p> <p>B: Kolaches w/Chick/Beef, Blueberries, 100% Juice, 1% or FF Milk</p> <p>L: Corn Dog (Chicken) Pinto Beans, Mixed Vegetables, Sliced Apples, Ketchup, 1% or FF Milk</p>	<p>17</p> <p>B: Wheat Roll w/Egg & Cheese, Whole Apple, 1% or FF Milk</p> <p>L: Tender Roast Beef, Mashed Potatoes, Gravy, Carrots, Roll, Banana, 1% or FF Milk</p>	<p>18</p> <p>B: Biscuit w/Jelly, Fresh Orange, 100% Juice, 1% or FF Milk</p> <p>L: Pizza Pocket, Baby Carrots, Romaine Salad, Ranch Dressing, 100% Juice, 1% or FF Milk</p>																																																								
<p>21</p> <p>B: Assorted Cereals, Whole Apple, 1% or FF Milk</p> <p>L: Spaghetti w/Meatsauce, Sugar Snap Peas, Romaine Salad w/Italian Dressing, Fresh Orange Slices, 1% or FF Milk</p>	<p>22</p> <p>B: Bean & Cheese Taquitos, Banana, 100% Juice, 1% or FF Milk</p> <p>L: Chicken Nuggets, Mashed Potatoes w/Gravy, Green Beans, Wheat Roll, 100% Juice, 1% or FF Milk</p>	<p>23</p> <p>B: Homestyle Chicken Sandwich, Blueberries 100% Juice, 1% or FF Milk</p> <p>L: Taco Salad w/Beef, Pinto Beans, Cheese, Romaine Lettuce/Diced Tomatoes, Baked Tortilla Chips, Apple Slices, 1% or FF Milk</p>	<p>24</p> <p>B: Blueberry Muffin, Whole Apple, 1% or FF Milk</p> <p>L: Red Beans & Rice w/Diced Chicken, Collard Greens, Cornbread, Banana, 1% or FF Milk</p>	<p>25</p>																																																								
<p>28</p>	<p>29</p> <p>B: Pancake on a Stick, Banana, 100% Juice, 1% or FF Milk</p> <p>L: Tangy Chicken Drumstick, Potatoes w/Cheese, Green Peas, Wheat Roll, 100% Juice, 1% or FF Milk</p>	<p>30</p> <p>B: Kolache w/Turkey Sausage Blueberries, 100% Juice, 1% or FF Milk</p> <p>L: Burger, Mustard/Ketchup, Sliced Tomatoes, Corn Niblets, Apple Slices, 1% or FF Milk</p>	<p>31</p> <p>B: Wheat Roll w/Turkey & Cheese, Whole Apple, 1% or FF Milk</p> <p>L: Creamy Chicken Mac, Green Beans, Diced Carrots, Banana, 1% or FF Milk</p>	<table border="1"> <tr><td colspan="7">Jun 2018</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2 3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	Jun 2018							M	T	W	T	F	S	S						1	2 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
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