



School Information:

Westlake Prep Academy



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



Chicken, Spinach, & Cheese Quesadilla
Spanish Rice
Pinto & Black Bean Mix
Seasonal Fresh Fruit

5

VEGGIE: Spinach & Cheese Quesadilla

Beef Sloppy Joe
Baked French Fries
Parmesan Crusted Cauliflower
Seasonal Fresh Fruit

12

VEGGIE: BOCA Sloppy Joe

NO SCHOOL

PRESIDENT'S DAY

19

Chicken Penne Pasta w/ Alfredo
Oven Roasted Baby Carrots
Garlic Wheat Roll
Seasonal Fresh Fruit

26

VEGGIE: Penne Pasta w/ Alfredo Sauce



Cheese Burger
Baked Sweet Potato Fries
Mixed Veggies
Seasonal Fresh Fruit

6

VEGGIE: Veggie Burger

Oven Baked Chicken Leg
Jellied Cranberry Sauce
Green Beans
Seasonal Fresh Fruit

13

VEGGIE: Broccoli Cheese Rice Casserole

Shredded BBQ Chicken Sandwich
Oven Roasted Red Potatoes
Buttered Corn
Seasonal Fresh Fruit

20

VEGGIE: BBQ BOCA Sandwich

Mini **TURKEY** Corn Dogs
Mac and Cheese
Sweet Peas
Seasonal Fresh Fruit

27

VEGGIE: Grilled Cheese



Crunchy Golden Fish Sticks
Mashed Potatoes
Peas
Seasonal Fresh Fruit

7

VEGGIE: Grilled Cheese

Spaghetti and Beef Meatballs w/ Mariana Sauce
Steamed Edamame
Garlic Wheat Roll
Seasonal Fresh Fruit

14

VEGGIE: Spaghetti w/ Marinara Sauce

Ground Beef Soft Tacos w/Cheese
Spanish Rice
Pinto & Black Bean Mix
Seasonal Fresh Fruit

21

VEGGIE: Bean & Cheese Taco

BBQ Baked Chicken Leg
Buttered Corn
Wheat Roll
Seasonal Fresh Fruit

28

VEGGIE: Broccoli Cheese Rice Casserole

Oven Baked Chicken Tenders
Mac N Cheese
Mixed Veggies
Seasonal Fresh Fruit

1

VEGGIE: BOCA Nuggets

Oven Baked Chicken Nuggets
Broccoli Cheese Rice
Steamed Edamame
Seasonal Fresh Fruit

8

VEGGIE: BOCA Nuggets

Chicken Tenders
Steamed Rice w/ Brown Gravy
Steamed Broccoli
Seasonal Fresh Fruit

15

VEGGIE: BOCA Nuggets

Oven Baked Chicken Nuggets
Mashed Potatoes
Veggie Baked Beans
Seasonal Fresh Fruit

22

VEGGIE: BOCA Nuggets

Pizza Friday

2

Pizza Friday

9

Pizza Friday

16

Pizza Friday

23

GO TEXAN DAY!

