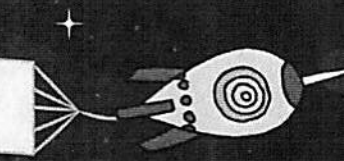




FEBRUARY

2021

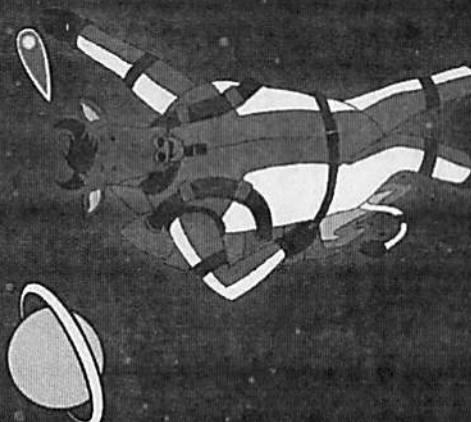
MOTLEY CO.ISD



Special Announcements:

<p><i>m</i></p> <p>Breakfast:Waffles,Bacon or Cereal and Toast,Fruit,juice and Milk</p> <p>Lunch:Hamburgers, Chips, Salad and Fruit, Milk</p> <p>1.</p>	<p><i>t</i></p> <p>Breakfast: Taquitos or Strudel,String Cheese, Fruit,Juice and Milk</p> <p>Lunch: Chalupas,Beans,Cucumbers, Applesauce,Milk</p> <p>2.</p>	<p><i>w</i></p> <p>Breakfast Pizza or Muffin and Yogurt,Fruit,Juice,Milk</p> <p>Lunch:Country Fried Steak,Potatoes,Gravy,Okra,Roll ,Fruit,Milk</p> <p>3.</p>	<p><i>th</i></p> <p>Breakfast: Cinnamon Roll and Sausage or PBJ,Fruit,Milk</p> <p>Lunch: BBQ on a Bun,Chips,Green Beans,Fruit,Milk</p> <p>4.</p>	<p><i>f</i></p> <p>NO SCHOOL</p> <p>5.</p>
<p>Breakfast:Sausage Biscuit or Oatmeal Round and Yogurt,Fruit,Juice and Milk</p> <p>Lunch:Philly Cheese Steak Sandwich,Fries, Tomato Cup,Fruit,Milk</p> <p>8.</p>	<p>Breakfast Burrito or PBJ, Fruit Juice and Milk</p> <p>Lunch:Spaghetti,Breadstick, Salad, California Veggies, Fruit,Milk</p> <p>9.</p>	<p>Breakfast: Chicken and Waffles or Cereal and Toast,Fruit,Juice and Milk</p> <p>Lunch: Chicken Wings,Mac and Cheese, Veggie Cup, Fruit,milk</p> <p>10.</p>	<p>Breakfast: Stuffed Bagel and Sausage or Cereal bar and Yogurt,Fruit,Juice,Milk</p> <p>Lunch: Mexican Combo Plate,Beans,Corn,Fruit,Milk</p> <p>11.</p>	<p>Breakfast: Dutch Waffles and Bacon or Muffin and Yogurt,Fruit,Juice and Milk</p> <p>Lunch: Sloppy Joes,Chips,Veggie Cup,Fruit,Milk</p> <p>12.</p>
<p>Breakfast: Breakfast Pizza or Cereal and Toast,Fruit,Juice,Milk</p> <p>Lunch: Corn Dogs,Tater Tots,Tomato Cup,Fruit,Milk</p> <p>15.</p>	<p>Breakfast:French Toast and Sausage or PBJ,Fruit,Juice,Milk</p> <p>Lunch: Nachos Grande,Beans,Cucumbers, Ice Cream,Milk</p> <p>16.</p>	<p>Breakfast: Pancake Wrap and Yogurt or Cereal Bar and Yogurt,Fruit,Juice,Milk</p> <p>Lunch: Grilled Chicken Sandwich,Fries,Veggie Cup,Fruit,Milk</p> <p>17.</p>	<p>Breakfast: Kolache and String Cheese or Breakfast Round and Yogurt,Fruit,Juice,Milk</p> <p>Lunch: Asian Bowl, Broccoli Salad,Fruit,Milk</p> <p>18.</p>	<p>NO SCHOOL</p> <p>19.</p>
<p>Breakfast :Pancakes and Bacon or Muffin and Yogurt,Fruit,Juice,Milk</p> <p>Lunch: Cheese Burgers,Fries Cucumbers,Fruit,Milk</p> <p>22.</p>	<p>Breakfast:Sunrise Sandwich or PBJ Fruit,Juice, Milk</p> <p>Lunch: Fajitas,Beans,Carrots,Sherbert Cup,Milk</p> <p>23.</p>	<p>Breakfast: Chicken and Biscuit or Parfaits,Fruit,Juice,milk</p> <p>Lunch: Pizza Pocket,Tuscan Vegetables,Salad,Fruit,Milk</p> <p>24.</p>	<p>Breakfast:Pizza or Cereal Bar and Yogurt,Fruit,Juice,Milk</p> <p>Lunch:Ranchero Wrap,Tomato Cup,Corn, Snowball Salad</p> <p>25.</p>	<p>NO SCHOOL</p> <p>26.</p>





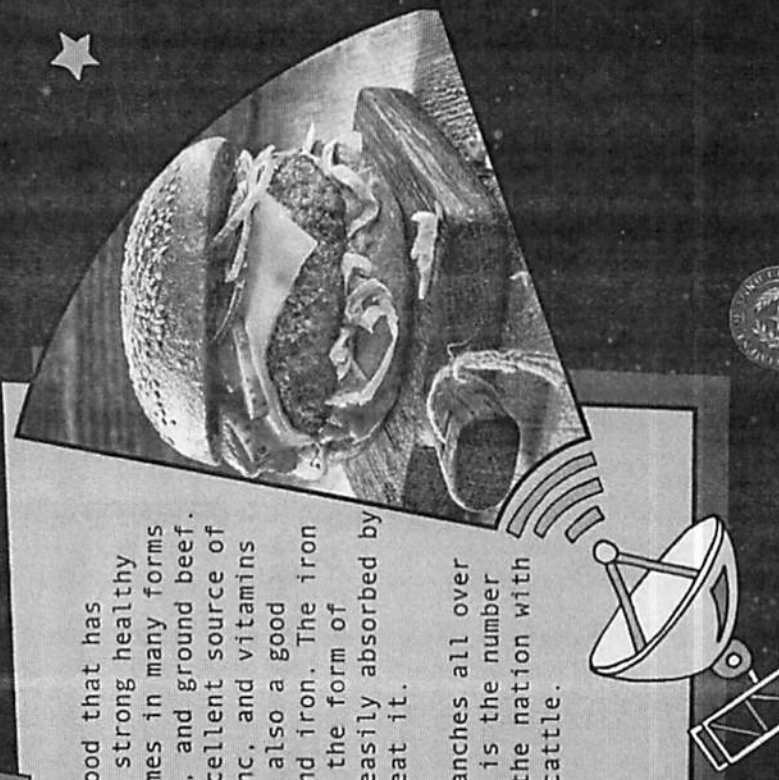
BOOSTER ROCKET BEEF.

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.

DID YOU KNOW?

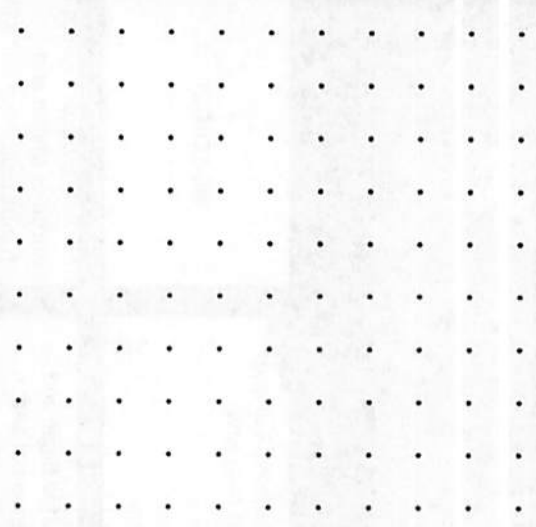
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.

Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org