



DECEMBER

2020

THREWAY ISD, THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



m	t	w	th	f
Sausage/Biscuits, Fruit, Juice Fish Sticks, Fries, Steam/Broccoli, Fruit 7.	Breakfast Pizza, Fruit, Juice, Chick'Spaghetti, Carrots, Corn, Breradsticks, Fruit 1.	Breakfast Sticks, Fruit, Juice, GlazeDrumstick, mac/Cheese, Green Beans, Roll, Fruit 2.	Cereal/Toast, Fruit, Juice, Meatloaf, Mashed Potatoes, Gravy, Peas, Rolls Fruiß.	NO SCHOOL 4.
Sausage/Biscuits, Fruit, Juice Fish Sticks, Fries, Steam/Broccoli, Fruit 7.	Yogurt, Cereal bar, Fruit, Juice, Bean/Cheese Burrito, Sp. Rice, Celery, Fruit 8.	Cinnamon Rolls, Fruit Juice Chicken Strips, Scalloped Potatoes, Corn on the cob, Fruit 9.	Cereal, Toast, Fruit, Juice Cheese Pizza, Salad, Baby Carrots, Fruit 10.	NO SCHOOL 11.
Sausage/Biscuits, Fruit, Juice Corn Dogs, Corn Chips, Broccoli Spears, Fruit 14.	Sausage/Pancake Bites, Fruit, Juice Ham, Stuffing, Mashed Potatoes, Gravy, Green Beans, Rolls, Dessert 15.	Breakfast Pizza, Fruit, Juice Cheeseburgers, Tator Tots, Salad, Fruit 16.	Cereal/Toast, Fruit, Juice, Pepperoni Pizza, Spinach Salad, Baby Carrots, Fruit 17.	NO SCHOOL 18.
SCHOOL HOLIDAY 21.	SCHOOL HOLIDAY 22.	SCHOOL HOLIDAY 23.	SCHOOL HOLIDAY 24.	NO SCHOOL 25.
SCHOOL HOLIDAY 28.	SCHOOL HOLIDAY 29.	SCHOOL HOLIDAY 30.	SCHOOL HOLIDAY 31.	Special Announcements: ICE COLD MILK SERVED DAILY MENU IS SUBJECT TO CHANGE



GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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www.SquareMeals.org