



JANUARY

2021

High School Menu



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Special Announcements:

NO SCHOOL

1.

NO SCHOOL

4.

NO SCHOOL

5.

Stuffed Bagel/Fruit /Juice
Chicken Sandwich
Fresh Veggie Cup
Oven Fries
Fruity Gelatin

6.

Chicken n Biscuit/Fruit/Juice
Hamburger Steak/Biscuit
Brown Gravy/Roasted Potatoes
Crunchy Broccoli Salad
Mandarin Oranges

7.

Breakfast Bread/Yogurt/Fruit/Juice
Pizza Choice
Carrots
Garden Salad
Sliced Fresh Fruit
Grain Based Dessert

8.

Breakfast Pizza/Fruit/Juice
Cheeseburger
Hamburger Garnish
Cucumber
Oven Fries
Strawberries

11.

PBJ/Fruit/Juice
Chicken Fajitas
Beans/Carrots/Salsa
Hot Cinnamon Apples
Sherbet Cup

12.

Sausage Kolache/Cheese Stick/Fruit
Chicken Alfredo
Breadstick
Tuscan Veggies
Garden Salad
Peaches/Grain Based Dessert

13.

Breakfast Burrito/Fruit/Juice
Ranchero Wrap
Tomato Cup
Corn
Snowball Salad

14.

French Toast/Yogurt/Fruit/Juice
Breaded Pork Chop
Mashed Potatoes/Roll
Gravy/Green Beans
Apple Slices

15.

NO SCHOOL

18.

Muffin/Yogurt/Fruit/Juice
Chili Cheese Totchos
Fresh Veggie Cup
Garden Salad
Strawberries

19.

Pancake Wrap/Yogurt/Fruit/Juice
Chicken Nuggets
Mac N Cheese
Garden Salad
Black Eyed Peas
Grapes

20.

Cereal Bar/Cheese Stick/Fruit/Juice
Ham n Cheese Melt
Multi Grain Chips
Red Bell Pepper Strips
Corn
Fruity Gelatin

21.

Waffle/Cheese Stick/Fruit/Juice
Baked Potato
Roll/Celery
Cooked Carrots
Cinnamon Applesauce
Grain Based Dessert

22.

Sausage Biscuit/Fruit/Juice
Breaded Drumsticks
Corn
Biscuit
Sweet Potatoes
Grapes

25.

Breakfast Sandwich/Fruit/Juice
Frito Pie
Cucumber/Salsa
Carrots
Oranges

26.

Stuffed Bagel/Fruit/Juice
Chicken Nuggets
Mashed Potatoes/Roll
Broccoli
Fruit Cup
Grain Based Dessert

27.

Chicken n Biscuit/Fruit/Juice
Pizza Choice
Steak Fries
Cooked Carrots
Snowball Salad

28.

Breakfast Bread/Yogurt/Fruit/Juice
Pulled Pork Sliders
Garden Salad
Green Beans
Chilled Pineapple Tidbits
Grain Based Dessert

29.



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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TEXAS STAR CITRUS

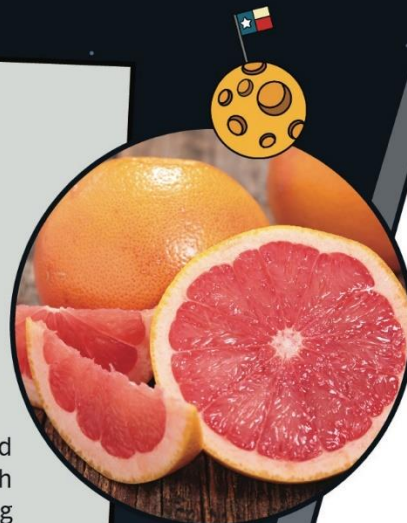
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.



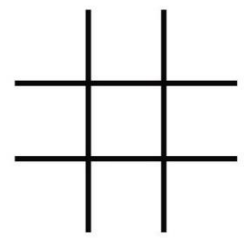
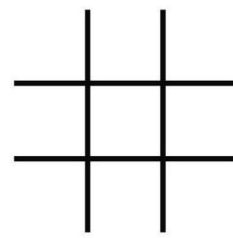
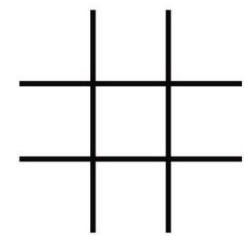
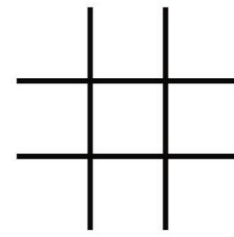
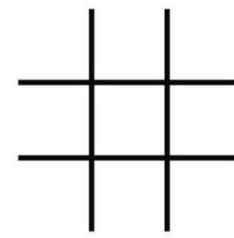
DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.



TIC-TAC-TOE



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