



# FEBRUARY

2021

High School



Special Announcements:

806-839-2451 x 214

**m**

Frudels/cheese cubes/fruit/juice  
Steak fingers  
Okra/ Gravy/Roll  
Mashed Potatoes  
Strawberries

1.

**t**

PBJ/Fruit/Juice  
Enchiladas  
Salsa/Cucumbers  
Beans  
Rosy Applesauce

2.

**w**

Sausage Kolache/Cheese Stick/Fruit  
Juice  
Cheeseburgers  
Sweet Potatoes  
Steamed Broccoli  
Mixed Fruit/Grain Based Dessert

3.

**th**

Breakfast Burrito/Fruit/Juice  
Pizza Choice  
Garden Salad  
Cooked Carrots  
Fresh Apple Slices

4.

**f**

French Toast/Yogurt/Fruit/Juice  
BBQ on a Bun  
Coleslaw  
Savory Green Beans  
Orange Smiles  
Grain Based Dessert

5.

NO SCHOOL

8.

Breakfast Sandwich/Fruit/Juice  
Philly Cheese Steak  
Tomato Cup  
Potatoes  
Strawberries and Bananas

9.

Muffin/Yogurt/Fruit/Juice  
French Bread Pizza  
Marinara Sauce  
Cali Blend Veggies  
Garden Salad  
Fruit Cup

10.

Mini pancakes/Yogurt/Fruit/Juice  
Chicken Wings  
Celery  
Cooked Carrots  
Peaches  
Pudding

11.

Cereal Bar/Yogurt/Fruit/Juice  
Quesadilla  
Corn/Beans/Salsa  
Sliced Fresh Fruit

12.

Sausage Biscuit/Fruit/Juice  
Cheeseburger Macaroni  
Savory Green Beans  
Tomato Cup  
Roll  
Fruit Cup

15.

Sausage Kolache/Cheese Cubes/Fruit  
Juice  
Nachos Grande  
Salsa/ Beans/Cucumbers  
Apricots  
Ice Cream

16.

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

17.

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

18.

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

19.

Breakfast Pizza/Fruit/Juice  
Texas Basket  
Cucumbers  
Strawberries

22.

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

23.

Sausage Kolache/Yogurt/Fruit/Juice  
Chicken Alfredo  
Breadstick  
Marinara Sauce  
Garden Salad  
Peaches/Grain Bases Dessert

24.

French Toast/Yogurt/Fruit/Juice  
Xtreme Burrito  
Tomato Cup  
Corn  
Snowball Salad  
Animal Crackers

25.

Breakfast Burrito/Fruit/Juice  
Breaded Pork Chop Sandwich  
Baked Chips  
Baby Carrots  
Fresh Apple Slices

26.



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



Updated 01/2020  
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# 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?

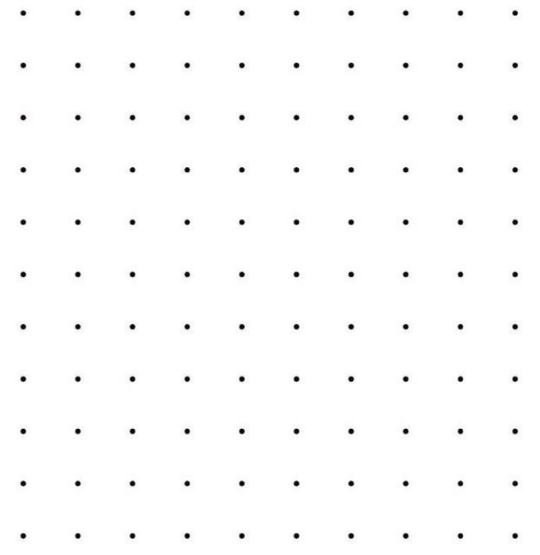
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is 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!



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