



# FEBRUARY

2021

SHALLOWATER ISD



### Special Announcements:

Variety of milk served daily  
Menus are subject to change without notice

<p>NO SCHOOL</p> <p>1.</p>	<p>Breakfast Taquito Or Cereal w/ Toast</p> <p>2.</p>	<p>Waffles w/ Sausage Or Cereal w/ Toast</p> <p>3.</p>	<p>Breakfast Pizza Or Cereal w/ Toast</p> <p>4.</p>	<p>Donuts w/ Sausage Or Cereal w/ Toast</p> <p>5.</p>
<p>Pancakes w/ Sausage Or Cereal w/ Toast</p> <p>8.</p>	<p>Breakfast Burrito Or Cereal w/ Toast</p> <p>9.</p>	<p>Power Breakfast Or Cereal w/ Toast</p> <p>10.</p>	<p>Sausage Kolache w/ Yogurt Or Cereal w/ Toast</p> <p>11.</p>	<p>Morning Griddle Sandwich Or Cereal w/ Toast</p> <p>12.</p>
<p>Waffles w/ Bacon Or Cereal w/ Toast</p> <p>15.</p>	<p>Sausage, Egg, &amp; Cheese Biscuit Or Cereal w/ Toast</p> <p>16.</p>	<p>Breakfast Pizza Or Cereal w/ Toast</p> <p>17.</p>	<p>Cinnamon Roll w/ Sausage Or Cereal w/ Toast</p> <p>18.</p>	<p>Biscuit, Eggs &amp; Gravy Or Cereal w/ Toast</p> <p>19.</p>
<p>Sausage Biscuit Or Cereal w/ Toast</p> <p>22.</p>	<p>Breakfast Burrito Or Cereal w/ Toast</p> <p>23.</p>	<p>Chicken-n-Waffles Or Cereal w/ Toast</p> <p>24.</p>	<p>Pancakes and Sausage Or Cereal w/ Toast</p> <p>25.</p>	<p>Dutch Waffle Or Cereal w/ Toast</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?

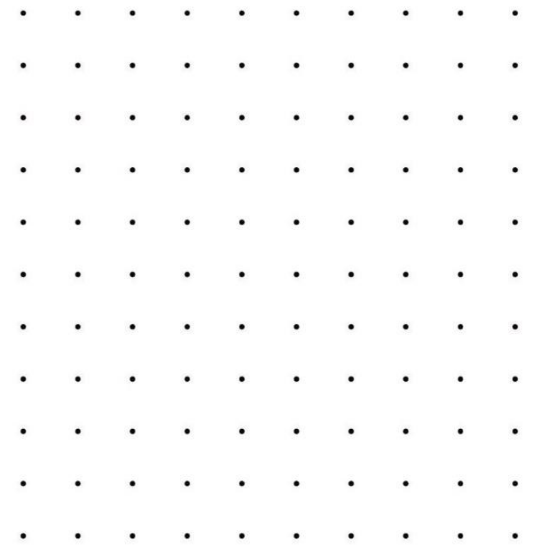
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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



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[www.SquareMeals.org](http://www.SquareMeals.org)