



FEBRUARY

2021

SHALLOWATER ISD



Special Announcements:

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

m
NO SCHOOL
1.

t
Meatball Sub Sandwich
Chicken-n-waffles
Tater Tots
Fresh Veggie Cup
Strawberries
2.

w
Chicken Nuggets w/ Mac & Cheese
Asian Chicken w/ Egg Roll
Garden Salad
Grapes
3.

th
Pizza
Grilled Cheese Sandwich
Tomato Cup
Corn
Fruity Gelatin
4.

f
Ham/cheeseburger
Stuffed Baked Potato
Celery
Carrots
Cinnamon Applesauce
5.

Breaded Drumstick
Hot Dog
Sweet Potatoes
Corn
Grapes
8.

Tacos
Frito Pie
Cucumbers
Beans
Orange Smiles
9.

Lasagna
Chicken Nuggets
Broccoli
Fruit Cup
Cookie
10.

Ham/cheeseburger
Pizza
Steak Fries
Carrots
Snowball Salad
11.

Pulled Pork Sliders
Chicken Parm
Savory Green Beans
Garden Salad
Pineapple Tidbits
Cookie
12.

Country Fried Steak
Meatloaf
Mashed Potatoes
Okra
Strawberries
15.

Chalupas
Enchiladas
Cucumbers
Beans
Rosy Applesauce
16.

Chicken Tenders
Ham/cheeseburger
Broccoli
Sweet Potatoes
Mixed Fruit
Cookie
17.

Chicken Spaghetti
Pizza
Garden Salad
Carrots
Fresh Apple Slices
18.

Fish Sticks w/ Mac & Cheese
BBQ sandwich
Coleslaw
Savory Green Beans
Orange Smiles
Cookie
19.

Steak Fingers
Philly Cheesesteak Sandwich
Potatoes
Tomato Cup
Strawberries & Bananas
22.

Spaghetti
French Bread Pizza
Garden Salad
California Blend Veggies
Fruit Cup
23.

Boneless Chicken Wings
Beef Stew
Celery Sticks
Carrots
Peaches
Pudding
24.

Mexican Combo Plate
Quesadilla
Corn
Beans
Fresh Fruit
25.

Popcorn Chicken
Sloppy Joe
Vegetable Medley
Potatoes
Pears
Cookie
26.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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National School Lunch Program and School Breakfast Program



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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?

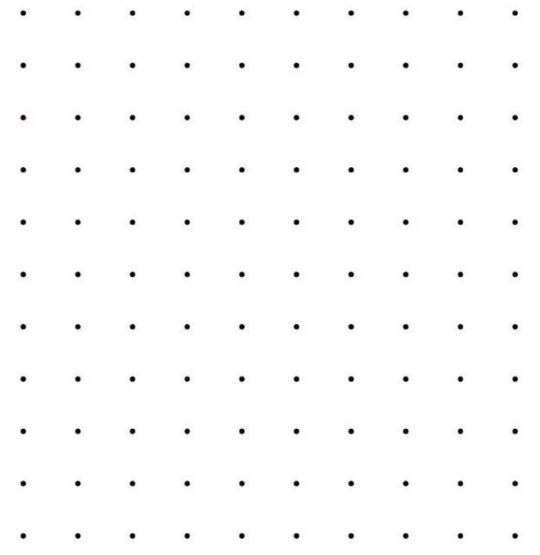
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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