



# MARCH

2021

SHALLOWATER ISD



Sausage Biscuit  
Or  
Cereal w/ Toast

1.

Breakfast Burrito  
Or  
Cereal w/ Toast

2.

Chicken-n-Waffles  
Or  
Cereal w/ Toast

3.

Pancakes and Sausage  
Or  
Cereal w/ Toast

4.

NO SCHOOL

5.

Breakfast Pizza  
Or  
Cereal w/ Toast

8.

French Toast w/ sausage  
Or  
Cereal w/ Toast

9.

Power Breakfast  
Or  
Cereal w/ Toast

10.

Pancake Wrap w/ Yogurt  
Or  
Cereal w/ Toast

11.

Cinnamon Roll w/ Sausage  
Or  
Cereal w/ Toast

12.

NO SCHOOL

15.

NO SCHOOL

16.

NO SCHOOL

17.

NO SCHOOL

18.

NO SCHOOL

19.

Pancakes w/ Bacon  
Or  
Cereal w/ Toast

22.

Sunrise Sandwich  
Or  
Cereal w/ Toast

23.

Breakfast Pizza  
Or  
Cereal w/ Toast

24.

Oatmeal w/ Cinnamon Toast  
Or  
Cereal w/ Toast

25.

Breakfast Burrito  
Or  
Cereal w/ Toast

26.

Kolache  
Or  
Cereal w/ Toast

29.

Breakfast Taquito  
Or  
Cereal w/ Toast

30.

Waffles w/ Sausage  
Or  
Cereal w/ Toast

31.

### Special Announcements:

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

- School Breakfast Week Mar. 8-12



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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
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Updated 01/2020  
www.SquareMeals.org

# ECLIPSE EGGS



An eclipse happens when a planet or a moon gets in the way of the sun's light. On Earth, we can experience two kinds of eclipses: solar eclipses and lunar eclipses. A solar eclipse happens when the moon passes in front of the sun and casts its shadow on Earth, making it dark during the day. During a lunar eclipse, Earth gets in the way of the sun's light hitting the moon. That means that during a lunar eclipse, the moon will fade away from view as Earth's shadow covers it up.

## CRACK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 8 5 14 5 7 7 19 20 5 12 12

10 15 11 5 19 , 1 18 5 20 8 5 25

3 1 12 12 5 4 25 15 12 11 19 ?

Answer: When eggs tell jokes, are they called yolks?

## DID YOU KNOW?

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas foods. School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state.

Eggs, milk, lean meat, fruit, vegetables, and whole grains can all be part of a good breakfast and they're all produced right here in Texas. Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



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