



# DECEMBER

2020

## Ropes Lunch



m

Chicken tender w/roll,  
sliced carrots, cherry  
tomatoes , fruit cup,  
juice, milk variety

1.

t

Hamburger, seasoned  
green beans, veggie cup,  
peach cup, juice, milk  
variety

2.

w

Chicken fried steak  
sandwich, pinto beans,  
cucumber slices,  
mandarin oranges, juice,  
milk variety

3.

th

Salisbury steak w/roll,  
seasoned corn, bell  
pepper strips, juice, milk  
variety

4.

f

Sloppy joe on a bun,  
seasoned green beans,  
carrots, pineapple tidbits,  
juice, milk variety

7.

Chicken nuggets w/roll,  
mashed potatoes, cherry  
tomatoes, mix fruit, juice,  
milk variety

8.

Chicken fajita burrito,  
pinto beans, veggie cup,  
peaches, juice, milk  
variety

9.

BBQ pork rib, steamed  
broccoli, cucumber slices,  
mandarin oranges, juice,  
milk variety

10.

Chicken sandwich, sliced  
carrots, bell pepper strips,  
juice, milk variety

11.

Hamburger, sliced carrots,  
cherry tomatoes,  
pineapple tidbits, juice,  
milk variety

14.

Chicken tenders w/roll,  
mashed potatoes, carrots,  
mixed fruit, juice, milk  
variety

15.

Penna pasta w/ meat  
sauce, seasoned green  
beans, veggie cup,  
peaches, juice, milk  
variety

16.

Fish fillet, cheesy  
macaroni, pinto beans,  
cucumber slices,  
mandarin oranges, juice,  
milk variety

17.

Popcorn chicken w/roll,  
seasoned corn, bell  
pepper strips, juice, milk  
variety *(early release)*

18.

*Christmas Break*

21.

*Christmas Break*

22.

*Christmas Break*

23.

*Christmas Break*

24.

*Christmas Break*

25.

*Christmas Break*

28.

*Christmas Break*

29.

*Christmas  
Break*

30.

*Christmas  
Break*

31.

### Special Announcements:

\*PK only \*\* Indicates items not available for PK\*\*\*indicated items only offered to grades 9-12\*1% low fat milk is provided for PK on a daily bases\*Additional fruit or juice is offered to students grades 9-12. This institution is an equal opportunity provider.



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.  
This institution is an equal opportunity provider.



Updated 01/2020  
www.SquareMeals.org

# GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



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



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)