



JANUARY

2021

ROPES BREAKFAST



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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.

New Year's Day

1.

Teacher Workday

4.

** Cereal, *breakfast
crackers, cheese stick,
fruit cup, juice and milk
variety

5.

Sausage biscuit, fruit cup,
juice and milk variety

6.

Muffin, cheese stick,
banana, juice and milk
variety

7.

Breakfast sandwich,
seasonal fruit, juice and
milk variety

8.

Banana bread, yogurt,
seasonal fruit, juice and
milk variety

11.

**Cereal, *breakfast
crackers, cheese stick,
seasonal fruit, juice and
milk variety

12.

Sausage biscuit, seasonal
fruit, juice and milk
variety

13.

Muffin, cheese stick,
banana, juice and milk
variety

14.

Breakfast sandwich,
seasonal fruit, juice and
milk variety

15.

Banana bread, yogurt,
seasonal fruit, juice and
milk variety

18.

**Cereal, *breakfast
crackers, cheese stick,
seasonal fruit, juice and
milk variety

19.

Sausage biscuit, seasonal
fruit, juice and milk
variety

20.

Muffin, cheese stick,
banana, juice and milk
variety

21.

Breakfast sandwich,
seasonal fruit, juice and
milk variety

22.

Banana bread, yogurt,
seasonal fruit, juice and
milk variety

25.

**Cereal, *breakfast
crackers, cheese stick,
seasonal fruit, juice and
milk variety

26.

Sausage biscuit, seasonal
fruit, juice and milk
variety

27.

Muffin, cheese stick,
banana, juice and milk
variety

28.

Breakfast sandwich,
seasonal fruit, juice and
milk variety

29.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 01/2020
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TEXAS STAR CITRUS



Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.

DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.

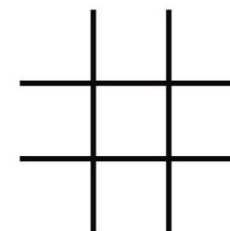
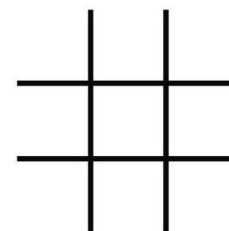
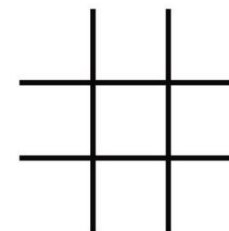
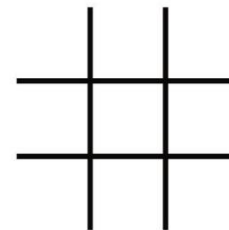
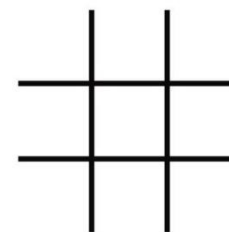


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