



# DECEMBER

2020

## PRE-K LUNCH



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CORN DOGS  
TATER TOTS  
FRUIT CUP 1.

NACHOS  
PINTO BEANS  
FRUIT SLUSH 2.

CHICKEN SANDWICH  
FRENCH FRIES  
FRUITY JELLO 3.

PEPPERONI PIZZA  
GARDEN SALAD  
FRESH FRUIT 4.

STEAK FINGERS  
CRISPY FRIES  
GRAVY  
FRUIT 7.

FRENCH BREAD PIZZA  
GARDEN SALAD  
FRUIT SLUSH 8.

POPCORN CHICKEN  
MASHED POTATOES  
PEARS 9.

QUESADILLA  
SEASONED CORN  
TROPICAL FRUIT  
ANIMAL CRACKERS 10.

BONELESS CHICKEN WINGS  
MULTIGRAIN CHIPS  
TOMATO W/RANCH  
CHILLED PEACH CUP 11.

CRISPITO W/QUESO  
SEASONED BEANS  
CORN  
FRUIT SHERBET 14.

MEATBALL SUB  
TATER TOTS  
STRAWBERRY SLUSH 15.

CHICKEN STRIPS  
MAC AND CHEESE  
BLACK-EYED PEAS  
FRUIT 16.

PIZZA QUESADILLA  
SEASONED CORN  
FRUIT SLUSH 17.

CHEESEBURGER  
CARROTS W/RANCH  
ANIMAL CRACKERS  
APPLESAUCE 18.

**NO SCHOOL**  
21.

**NO SCHOOL**  
22.

**NO SCHOOL**  
23.

**NO SCHOOL**  
24.

**MERRY CHRISTMAS**  
25.

**NO SCHOOL**  
28.

**NO SCHOOL**  
29.

**NO SCHOOL**  
30.

**NO SCHOOL**  
31.

Special Announcements:  
**WHITE MILK OFFERED DAILY**



# 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**

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Food and Nutrition Division  
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[www.SquareMeals.org](http://www.SquareMeals.org)