



DECEMBER

2020

K-8 LUNCH



m

CORN DOGS
TATER TOTS
TOMATO W/RANCH
FRUIT CUP 1.

t

NACHOS
PINTO BEANS
CUCUMBER W/RANCH
FRUIT SLUSH 2.

w

CHICKEN SANDWICH
FRENCH FRIES
FRESH VEGGIE CUP
FRUITY JELLO 3.

th

PEPPERONI PIZZA
CARROTS W/RANCH
GARDEN SALAD
FRESH FRUIT 4.

f

STEAK FINGERS
CRISPY FRIES
GRAVY
FRUIT AND PUDDING 7.

FRENCH BREAD PIZZA
STEAMED VEGGIES
GARDEN SALAD
FRUIT SLUSH 8.

POPCORN CHICKEN
MASHED POTATOES
VEGETABLE MEDLEY
PEARS 9.

QUESADILLA
CHARRO BEANS
SEASONED CORN
TROPICAL FRUIT 10.

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

CRISPITO W/QUESO
SEASONED BEANS
CORN
FRUIT SHERBET 14.

MEATBALL SUB
FRESH VEGGIE CUP
TATER TOTS
STRAWBERRY SLUSH 15.

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

PIZZA QUESADILLA
BELL PEPPER STRIPS
SEASONED CORN
FRUIT SLUSH 17.

CHEESEBURGER
CARROTS W/RANCH
BAKED CHIPS
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:
FRESH SALAD AND MILK DAILY



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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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!



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