

AUGUST

2020

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14.

Pizza
Veggie Sticks
Corn
Fruit
Milk/Juice

17.

Ham Cheese Sub
Chips
Carrots
Fruit
Milk/Juice

18.

Burrito
Refried Beans
Spanish Rice
Fruit
Milk/Juice

19.

Corn Dogs
Chips
Baked Beans
Fruit
Milk/Juice

20.

Cheeseburgers
French Fries
Broccoli
Fruit
Milk/Juice

21.

Popcorn Chicken
Tatar Tots
Cauliflower
Fruit
Milk/Juice

24.

Frito Pie
Peas
Carrots
Fruit
Milk/Juice

25.

Chicken Fajita's
Beans
Spanish Rice
Fruit
Milk/Juice

26.

Steak Fingers
Mashed Potato's
Beans/Rolls
Fruit
Milk/Juice

27.

Chicken on bun
Chips
Broccoli
Fruit
Milk/Juice

28.

Stuffed Sandwich
Chips
Green Beans
Fruit
Milk/Juice

31.

Special Announcements:

Lunch Menu K-6 Regular Price: \$2.75 7- 12 Regular Price: \$3.00 K-12 Reduced Price: \$0.40 Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal. Menu is subject to change due to deliveries. Salad served Daily.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

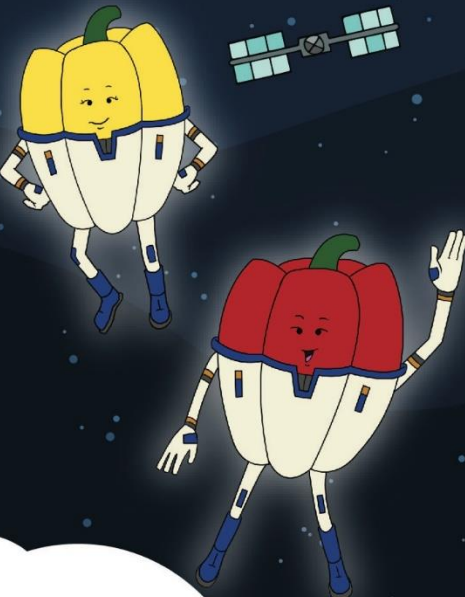
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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



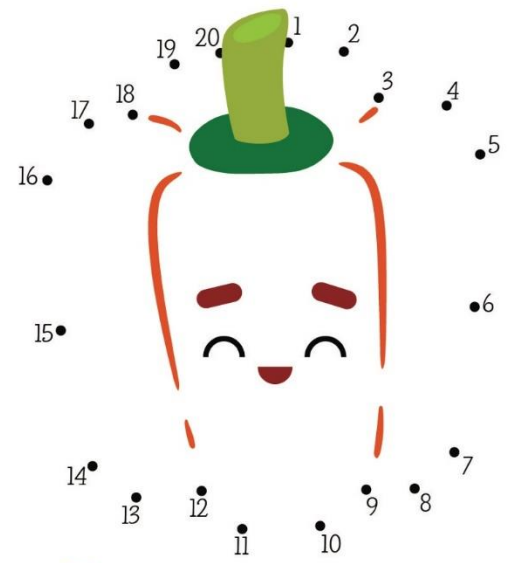
Updated 01/2020
www.SquareMeals.org



PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.