



# FEBRUARY

2021



Special Announcements:

Cereal and Toast  
Cheeseburger Macaroni, Green Beans, Tomato Cup, Fruit Cup and a Roll

1.

PBJ  
Nachos Grande, Salsa, Beans, Cucumbers, Apricots and ice cream

2.

Power Breakfast  
Crispy Chicken Sandwich, Fries, Veggie Cup, Fruity jello

3.

Pancake on Stick and Yogurt  
Asian Bowl, Broccoli Salad, Mandarin Oranges

4.

Cinnamon Roll and Sausage  
Fiesta Bowl, Carrots, Salad, Brownies, Seasonal Fruit

5.

Pancakes and Bacon  
Cheeseburger, Oven Fries, Cucumbers, Strawberries

8.

PBJ  
Tex-mex-Stack, Beans, Carrots, Salsa, Hot Cinnamon Apples, Sherbet Cup

9.

Breakfast Pizza  
Chicken Alfredo, Breadsticks, Tuscan Veggies, Garden Salad, Peaches, Brownies

10.

Oatmeal and Toast  
Country Pot Pi, Tomato Cup, Snowball Salad

11.

Cereal and Toast  
Chicken Bowl, Mashed Potatoes, Gravy, Green Beans, Roll, Apple Slices

12.

off

15.

Cheese Omelet  
Taquitos, Cheese, Beans, Corn, Salsa, Season Fruit, Krispy Treat

16.

PBJ  
Chilly Cheese Tots, Veggie Cup, Strawberries

17.

Breakfast Parfait  
Fish Sticks, Mac and Cheese, Black eyed Peas, Salad, Grapes

18.

Cereal and Toast  
Pizza Choice, Tomato Cup, Corn, Fruity Jello

19.

Pancakes and Sausage  
Chilly Cheese Dog, Sweet Potatoes, Corn, Grapes

22.

Strudels and Cheese Sticks  
Walking Taco, Cucumbers, Beans, Salsa, Oranges

23.

Cereal and Toast  
Chicken nuggets, mashed Potatoes, Broccoli, Roll, Fruit Cup, Brownies

24.

Kolache and Yogurt  
Cheeseburger, Fries, Carrots, Snowball Salad

25.

PBJ  
Chicken Parmesan, Breadstick, Green Beans, Salad, Pineapples, Krispy Treat

26.



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



# BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



## DID YOU KNOW?

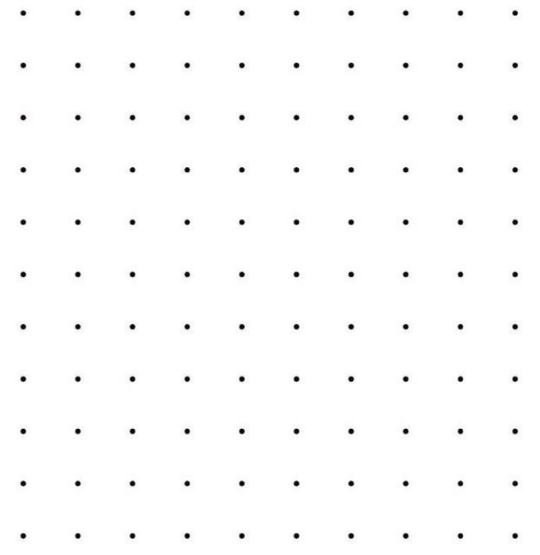
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



## DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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)