



DECEMBER

2020

Odem – Edroy ISD Middle & High School Lunch Menu



<p>m</p> <p>1.</p>	<p>t</p> <p>Spaghetti / Meat Sauce Orange Chicken Fried Rice & Egg Roll Green Beans & Hot Roll Baby Carrots/ Dressing Fruit or Fresh Fruit</p>	<p>w</p> <p>2.</p> <p>Chicken Fajita Taco / Shredded Cheese Beef Taco / Shredded Cheese Pinto Beans Spanish Rice Romaine & Diced Tomato Fruit or Fresh Fruit</p>	<p>th</p> <p>3.</p> <p>Vegetable Soup Grilled Cheese Toast BBQ Burger Corn Chips Baby Carrots / Celery / Dressing Fruit or Fresh Fruit</p>	<p>f</p> <p>4.</p> <p>Pepperoni Pizza Lasagna Peas & Carrots Spinach Salad / Dressing Fruit or Fresh Fruit</p>
<p>7.</p> <p>Chili Dog / Shredded Cheese Frito Pie / Shredded Cheese Baked Beans Baked Curly Fries Baby Carrots / Dressing Fruit or Fresh Fruit</p>	<p>8.</p> <p>Corn Dog Hot Hoagie Baked Fries Celery Sticks / Sun Butter Fresh Fruit or Fruit</p>	<p>9.</p> <p>Beef Enchiladas Burrito / Chili Pinto Beans Spanish Rice Romaine / Spinach Salad Fresh Fruit or Fruit</p>	<p>10.</p> <p>Baked Chicken Steak Finger Mashed Potato / Gravy Green Beans & Hot Roll Fresh Fruit or Fruit</p>	<p>11.</p> <p>Hamburger Chicken Patty Burger Baked Beans Baked Fries & Burger Salad Fresh Fruit or Fruit</p>
<p>14.</p> <p>Chicken Nuggets Steak Finger Mashed Potato / Gravy Steam Carrots & Hot Roll Fresh Fruit or Fruit</p>	<p>15.</p> <p>Turkey & Dressing Baked Chicken Green Beans Hot Roll Fresh Fruit or Fruit Salad</p>	<p>16.</p> <p>Hamburger Chicken Patty Burger Baked Fries Burger Salad Celery Sticks / Dressing Fresh Fruit or Fruit</p>	<p>17.</p> <p>Hoagie Sandwich Corn Dog Baked Chips Baby Carrots / Dressing Cucumber Slices Fresh Fruit or Fruit</p>	<p>18.</p> <p>NO SCHOOL</p>
<p>21.</p>	<p>22.</p>	<p>23.</p> <p>Merry Christmas Happy New Year</p>	<p>24.</p>	<p>25.</p>
<p>28.</p>	<p>29.</p>	<p>30.</p>	<p>31.</p>	<p>Special Announcements: ** Menu Subject to Change ** Owl Daily Choices 1. Hot Meal 2. Choice 3. Chef Salad 4. Baked Potato The lunch Requires students to select a fruit or vegetable as Part of their meal. 1 % White Milk, Fat Free Chocolate Milk</p>



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
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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
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