



# MAY 2021

## Alvord Middle School



**m**

Peanut Butter & Grape Uncrustable  
OR Cereal & Colby Jack Cheese Stick  
\*\*\*  
Hamburger/ Cheeseburger  
Tater Tots  
Baked Beans **3.**

**t**

Mini Chicken Biscuits OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*  
Two Soft Tacos OR  
Chicken Spaghetti  
Corn on the Cob  
Garden Salad **4.**

**w**

Pigtails OR  
Cereal & Toast  
\*\*\*  
Breaded Chicken Drumstick  
Macaroni and Cheese  
Sautee Green Beans  
Quick Baked Potatoes **5.**

**th**

Scrambled Eggs, Bacon & Toast  
OR Cereal & Toast  
\*\*\*  
Pancakes and Sausage Links  
OR Grilled Cheese Sandwich  
Tomato Basil Soup  
Tater Tots **6.**

**f**

Glazed Donut  
OR Cereal & Mozzarella String Cheese  
\*\*\*  
Cheese Pizza  
Seasoned Crinkle Fries  
Wango Mango Vegetable Juice **7.**

French Toast Bites OR  
Cereal & Colby Jack Cheese Stick  
\*\*\*  
Breaded Chicken Sandwich  
Seasoned Wedges  
Cucumber Coins **10.**

Sausage Biscuit OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*  
Chili Cheese Nachos OR  
Meatball Sub  
Pinto Beans  
Veggie Dippers **11.**

Banana Loaf OR  
Cereal & Cheddar Cheese Stick  
\*\*\*  
Popcorn Chicken w/ Hot Roll  
Mashed Potatoes  
Golden Sweet Corn **12.**

Tot and Chicken Breakfast Bowl  
OR Cereal & Toast  
\*\*\*  
BBQ Pork Sandwich OR  
Cheesy Chicken over Rice w/ Breadstick  
Glazed Carrots  
Broccoli Dunkers **13.**

Apple French Toast Bake OR  
Cereal & Mozzarella String Cheese  
\*\*\*  
Garlic Cheese French Bread  
Potato Smiles  
Caesar Side Salad **14.**

 **17.**

Pancake Sausage Sandwich OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*  
Green Chile Chicken Quesadilla  
OR Cheese Rippers  
Refried Bean Casserole  
Veggie Dippers **18.**

Mini waffles OR  
Cereal & Cheddar Cheese Stick  
\*\*\*  
Chicken Nuggets w/ Roll  
Mashed Potatoes w/ Gravy  
Green Beans w/ Ham **19.**

Bacon Egg & Cheese Taco  
OR Cereal & Toast  
\*\*\*  
Baked Ziti OR  
Chicken Tenders w/ Breadstick  
Golden Sweet Corn  
Garden Salad **20.**

Glazed Donut OR  
Cereal & Mozzarella String Cheese  
\*\*\*  
Cheese Pizza  
Seasoned Crinkle Fries  
Baby Carrots **21.**


Breakfast Sausage Bites  
OR Cereal & Toast  
\*\*\*  
Fish Sticks w/ Breadstick OR  
Chili Cheese Dog  
Seasoned Wedges  
Cucumber Tomato Salad **24.**

Chicken & Waffle Sandwich  
OR Cereal & Colby Jack Cheese  
\*\*\*  
Walking Taco OR  
Crunchy Chicken Cheddar Wrap  
Ranchero Beans  
Mexican Chopped Salad **25.**

Rainbow Fruit Parfait & Cereal  
OR Cereal & Cinnamon Swirl Toast  
\*\*\*  
Ham & Cheese Sub  
Baby Carrots **26.**

Assorted Cereal & Toast  
\*\*\*  
Breaded Chicken Sandwich  
Tater Tots **27.**

 **28.**

 **31.**

**Special Announcements:**

All students eat at no charge  
Adult: Breakfast 2.55 Lunch: 4.00



1% low fat unflavored and fat free chocolate milk are available at breakfast and lunch daily.  
A variety of fruit and fruit juice are also available daily.  
Substitutions may be sometimes need to be made with a nutritionally comparable menu item.

# BERRY BLAST OFF

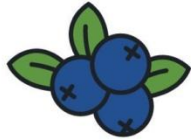


The first space shuttle test flight took place in 1981 and the last shuttle launched in 2011. Over 30 years there were a total of 135 missions that all launched from the Kennedy Space Center in Florida. Scientists and engineers in Texas provided ground support for all the space shuttle missions. NASA retired the space shuttle fleet to make way for a new exploration program aimed at sending astronauts on deep space missions to an asteroid and, eventually, Mars.

## NUMBER MATCH



1



5



6



3



## DID YOU KNOW?

Blueberries are plump, juicy and sweet berries that grow in Texas. They grow on a bush that can get up to 12 feet tall. Blueberries are pale greenish at first, then reddish-purple, and finally, dark purple when ripe, but they turn red-purple when cooked.

Blueberries are a very good source of vitamin K, vitamin C and manganese. Blueberries are also a good source of fiber. Fiber is a carbohydrate that promotes digestive health. Blueberries are good for making pancakes, muffins, and many other foods.



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](http://www.SquareMeals.org)