

AUGUST

2020

MAY ISD



m

t

w

th

f

Break

3.

Break

4.

Break

5.

Break

6.

Break

7.

Break

10.

Break

11.

Break

12.

Break

13.

Break

14.

Pancake on stick
Fruit
Milk/Juice

17.

Morning Roll
Fruit
Milk/Juice

18.

French Toast
Fruit
Milk/Juice

19.

Sausage Biscuit
Fruit
Milk/Juice

20.

Muffins
Cheese Stick
Fruit
Milk/Juice

21.

Waffle
Sausage
Fruit
Milk/Juice

24.

Breakfast Burrito
Fruit
Milk/Juice

25.

Pancakes
Sausage
Fruit
Milk/Juice

26.

Breakfast Pizza
Fruit
Milk/Juice

27.

Cinnamon Roll/Donuts
Fruit
Milk/Juice

28.

Bagels
Fruit
Milk/Juice

31.

Special Announcements:

Breakfast K-12 Price: 1.75 Reduced: .30

Extra Milk: .50 Extra Juice: .50

Adult Price: 2.25 Milk/Juice Cereal offered daily



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

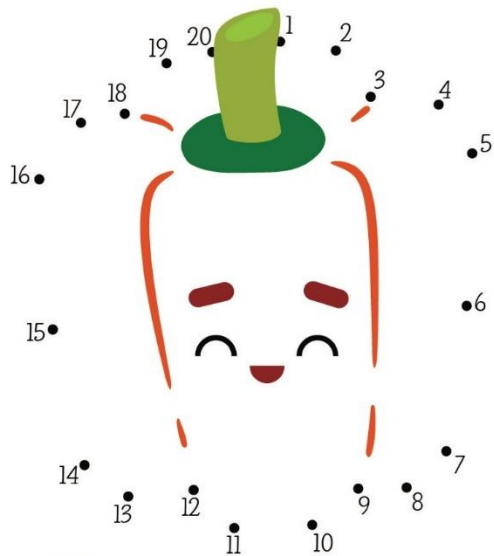


Updated 01/2020
www.SquareMeals.org

PLATENARY PEPPER'S

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.



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