



JANUARY

2021

May ISD



m

t

w

th

f

Special Announcements:

Free lunches from Nov 3rd 2020 till May 27, 2021 for all students

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.

Break

1.

Break

4.

King Ranch Chicken
Ranch Beans
Spanish Rice/Broccoli
Fruit
Milk/Juice

5.

Pizza
Corn
Carrots
Fruit
Milk/Juice

6.

Corn Dogs
French Fries
Baked Beans
Fruit
Milk/Juice

7.

PBJ/Ham Cheese
Chips
Celery/Peas
Fruit
Milk/Juice

8.

Chicken Nuggets
Tater Tots
Corn
Fruit
Milk/Juice

11.

Bean Cheese Burrito
Refried Beans
Spanish Rice
Fruit
Milk/Juice

12.

Chicken Fried Steak
Mash Potatoes
Green Beans/Rolls
Fruit
Milk/Juice

13.

Frito Pie
Peas
Celery/Peanut Butter
Fruit
Milk/Juice

14.

Chicken on Burn
French Fries
Ranch Beans/Broccoli
Fruit
Milk/Juice

15.

No School

18.

Chicken Fajitas
Refried Beans
Spanish Rice
Fruit
Milk/Juice

19.

Spaghetti Meatballs
Garlic Bread
Green Beans
Fruit
Milk/Juice

20.

Chicken Strips
Mashed Potatoes
Green Beans/Rolls
Fruit
Milk/Juice

21.

Cheese Burger
French Fries
Ranch Beans/Broccoli
Fruit
Milk/Juice

22.

Grilled Chicken Subs
Chips
Broccoli
Fruit
Milk/Juice

25.

Beef Cheese Nacho
Ranch Beans
Spanish Rice
Fruit
Milk/Juice

26.

Steak Fingers
Potato Wedges
Cooked Carrots/Rolls
Fruit
Milk/Juice

27.

Baked Fish
Macaroni Cheese
Coleslaw
Fruit
Milk/Juice

28.

BBQ on Bun
French Fries
Baked Beans/Broccoli
Fruit
Milk/Juice

29.



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

TEXAS STAR CITRUS



Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.

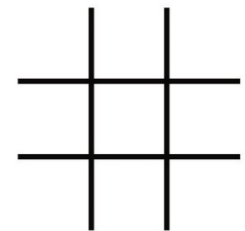
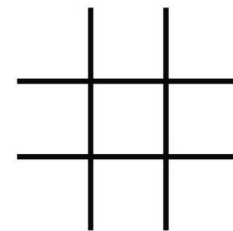
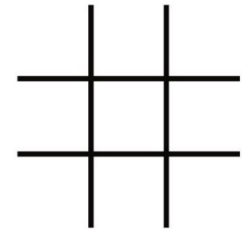
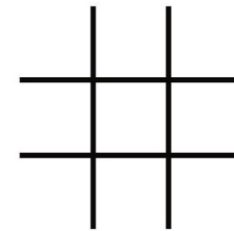
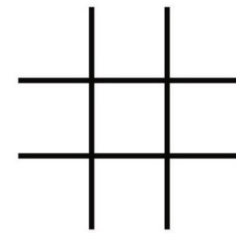
DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.



TIC-TAC-TOE



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