



# JANUARY

2021

## Odem – Edroy ISD Middle & High School Lunch Menu



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### Special Announcements:

\*\* Menu Subject to Change \*\*

Owl Daily Choices

1.Hot Meal 2. 2<sup>nd</sup> Choice 3.Chef Salad 4. Baked Potato

The meal requires students to select a fruit or vegetables as part of their meal. Milk variety available daily :1% White

Milk, Fat Free Chocolate Milk

Happy New Year!

1.

NO SCHOOL

4.

NO SCHOOL

5.

Beef Enchiladas  
Chicken Fajita Taco  
Pinto Beans  
Spanish Rice  
Romaine & Spinach Salad / Dressing  
Fruit or Fresh Fruit

6.

Vegetable Soup  
Grilled Toast  
B.B.Q on Bun  
Corn Chips  
Baby Carrots / Dressing  
Fruit or Fresh Fruit

7.

Pepperoni Pizza  
Chicken Pot Pie  
Peas & Carrots  
Spinach Salad / Dressing  
Fruit or Fresh Fruit

8.

Cheese Burger  
Hot & Spicy Burger  
Baked Beans  
Burger Salad  
Baked Fries  
Fruit or Fresh Fruit

11.

Chili Dog / Shredded Cheese  
Chicken Burger  
Baked Tots  
Cucumber Slices / Dressing  
Fruit or Fresh Fruit

12.

Nacho Supreme  
Chalupas / Shredded Cheese  
Pinto Beans  
Spanish Macaroni  
Romaine & Diced Tomato  
Fruit or Fresh Fruit

13.

Chicken Strip  
Steak Finger  
Mashed Potato / Gravy / Hot Roll  
Broccoli Normandy  
Fruit or Fresh Fruit

14.

Frito Pie / Shredded Cheese  
Burrito / Chili / Cheese  
Seasoned Corn  
Baby Carrots / Dressing  
Fruit or Fresh Fruit

15.

No School

18.

Chicken Alfredo  
Spaghetti / Meat Sauce  
Green Beans & Hot Roll  
Baby Carrots / Dressing  
Fruit or Fresh Fruit

19.

Beef Taco  
Chicken Fajita Taco  
Pinto Beans  
Spanish Rice  
Romaine & Diced Tomato  
Fruit or Fresh Fruit

20.

Chicken Patty Burger  
B.B. Q on Bun  
B.B.Q Beans  
Baked Fries  
Burger Salad  
Fruit or Fresh Fruit

21.

Corn Dog  
Cheese Burger  
Baked Tots  
Baked Beans  
Celery Sticks / Dressing  
Fruit or Fresh Fruit

22.

Chicken Nuggets  
Steak Finger  
Mashed Potato / Gravy  
Hot Roll  
Steam Broccoli  
Fruit or Fresh Fruit

25.

Burrito / Chili / Cheese  
Frito Pie / Cheese  
Seasoned Corn  
Baked Tots  
Baby Carrots/ Dressing  
Fruit or Fresh Fruit

26.

Chicken Over Rice  
Salisbury Steak  
Hot Roll  
Green Beans  
Spinach Salad / Dressing  
Fruit or Fresh Fruit

27.

Vegetable Soup  
Grilled Cheese  
Pork Rib  
Corn Chips  
Celery Sticks/ Dressing  
Fruit or Fresh Fruit

28.

Pepperoni Pizza  
Hamburger  
Seasoned Corn  
Baby Carrots/ Dressing  
Fruit or Fresh Fruit

29.



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  
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# TEXAS STAR CITRUS

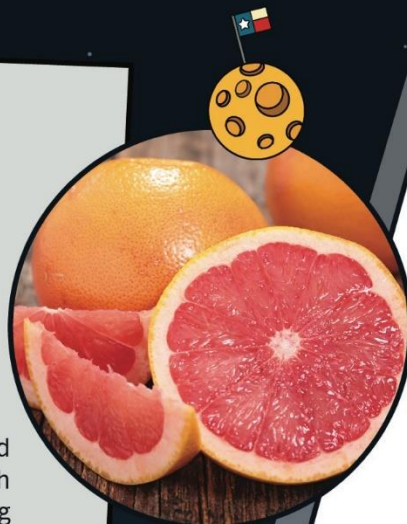
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2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



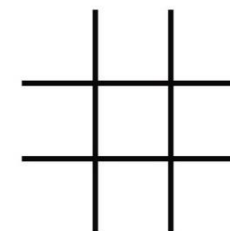
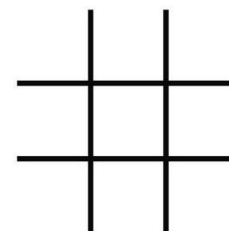
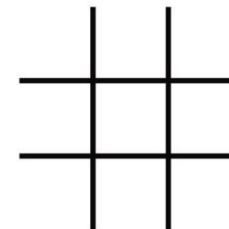
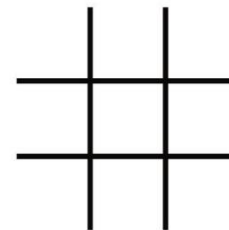
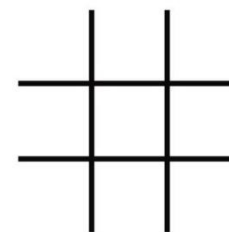
## DID YOU KNOW?

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



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