



JANUARY

2021

EZZELL CAFETERIA



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Special Announcements: MENU SUBJECT TO CHANGE
 CEREAL, JUICE, FRUIT, AND MILK SERVED WITH BREAKFAST
 FRUIT AND MILK SERVED WITH LUNCH
 REMEMBER TO TAKE 3 ITEMS ONE OF THEM SHOULD BE A VEGETABLE OR FRUIT

NO SCHOOL

1.

NO SCHOOL

4.

MUFFINS
 HAMBURGERS
 FRENCH FRIES
 BEANS
 FRUIT

5.

BREAKFAST TACOS
 CHICKEN NUGGETS
 MASHED POTATOES
 GREEN BEANS
 ROLLS
 FRUIT

6.

EGGS, SAUSAGE, TOAST
 DOUBLE STUFFED CRUST PIZZA
 SALAD
 CORN
 FRUIT
 TEDDY GRAHAMS

7.

CINNAMON ROLLS
 GRILLED CHEESE SANDWICH
 BROCCOLI
 CARROTS
 CHIPS
 FRUIT

8.

CHICKEN BISCUIT SANDWICH
 STEAKBURGER
 FRENCH FRIES
 BEANS
 FRUIT

11.

BREAKFAST TACOS
 TOSATADAS
 CORN
 LETT/TOM
 CHIPS/SALASA
 FRUIT

12.

HONEYBUNS
 POPCORN CHICKEN
 SALAD
 BROCCOLI
 ROLLS
 FRUIT

13.

EGGS, SAUSAGE, BISCUITS
 CALAZONE
 CARROTS
 CUCUMBERS
 TEDDY GRAHAMS
 FRUIT

14.

FRENCH TOAST STICKS
 SLOPPY JOES
 GREEN BEANS
 SQUASH
 CHIPS
 FRUIT

15.

DONUTS
 PULLED PORK
 BAKED BEANS
 FRENCH FRIES
 FRUIT

18.

BREAKFAST TACOS
 TACOS
 REFRIED BEANS
 CORN LETT/TOM
 CHIPS/SALSA
 FRUIT

19.

BREAKFAST PIZZA
 CHICKEN NUGGETS
 MASHED POTATOES
 GREEN BEANS
 ROLLS
 FRUIT

20.

EGGS AND BISCUITS
 CHICKEN PIZZA QUESADILLAS
 SALAD/TOM
 BROCCOLI
 TEDDY GRAHAMS
 FRUIT

21.

CINNAMON ROLLS
 CORN DOGS
 CARROTS
 CUCUMBERS
 CHIPS
 FRUIT

22.

SAUSAGE ROLLS
 CHICKEN BURGERS
 BEANS
 FRENCH FRIES
 FRUIT

25.

BREAKFAST TACOS
 BURRITOS
 CORN
 COOKED CARROTS
 CHIPS/SALSA
 FRUIT

26.

CHICKEN BISCUITS SANDWICH
 POPCORN CHICKEN
 SALAD/TOM
 CUCUMBERS
 ROLLS
 FRUIT

27.

MUFFINS
 PIZZA
 BROCCOLI
 CARROTS
 FRUIT

28.

EGGS AND BISCUITS
 MEATBALL SUB
 GREEN BEANS
 CELERY
 CHIPS
 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
 www.SquareMeals.org

TEXAS STAR CITRUS

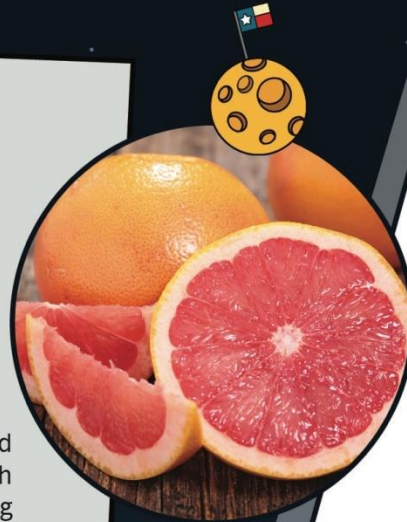
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2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



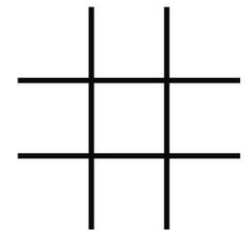
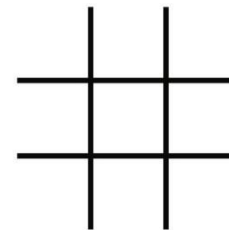
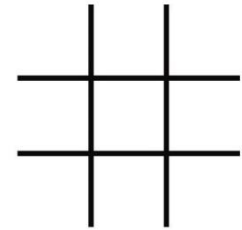
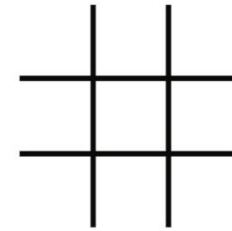
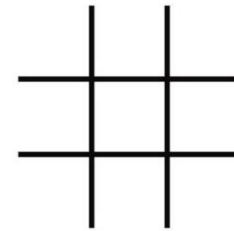
DID YOU KNOW?

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



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