



# DECEMBER

2020

## Odem – Edroy ISD Elementary, Intermediate Lunch Menu



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

1.

t

Chicken Fajita Taco / Shredded Cheese  
Pinto Beans  
Spanish Rice  
Romaine & Diced Tomato  
Fruit or Fresh Fruit

2.

w

Vegetable Soup  
Grilled Cheese Toast  
Corn Chips  
Baby Carrots / Celery / Dressing  
Fruit or Fresh Fruit

3.

th

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

4.

f

Chili Dog / Shredded Cheese  
Baked Beans  
Baked Curly Fries  
Baby Carrots / Dressing  
Fruit or Fresh Fruit

7.

Corn Dog  
Baked Fries  
Celery Sticks / Sun Butter  
Fresh Fruit or Fruit

8.

Beef Enchiladas  
Pinto Beans  
Spanish Rice  
Romaine / Spinach Salad  
Fresh Fruit or Fruit

9.

Baked Chicken  
Mashed Potato / Gravy  
Green Beans & Hot Roll  
Fresh Fruit or Fruit

10.

Hamburger  
Baked Beans  
Baked Fries & Burger Salad  
Fresh Fruit or Fruit

11.

Chicken Nuggets  
Mashed Potato / Gravy  
Steam Carrots & Hot Roll  
Fresh Fruit or Fruit

14.

Turkey & Dressing  
Green Beans  
Hot Roll  
Fresh Fruit or Fruit Salad

15.

Hamburger  
Baked Fries  
Burger Salad  
Celery Sticks / Dressing  
Fresh Fruit or Fruit

16.

Hoagie Sandwich  
Corn Dog  
Baked Chips  
Baby Carrots / Dressing  
Fresh Fruit or Fruit

17.

NO SCHOOL

18.

21.

22.

Merry Christmas  
Happy New Year

23.

24.

25.

28.

29.

30.

31.

### Special Announcements:

\*\* Menu Subject to Change \*\* Owl Daily Choices

1. Hot Meal 2. Choice 3. Sandwich Pack 4. Baked Potato The Lunch

Requires students to select a fruit or vegetable as Part of their meal. 1 % White Milk, Fat Free Chocolate Milk



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National School Lunch Program and School Breakfast Program



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# GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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