



FEBRUARY

2021

MAY ISD



Special Announcements:

Free Breakfast from November 1st 2020 till May 27th 2021 for all students

Adults 2.25 Extra Milk .50, Extra Juice .50

Menu subject to change due to deliveries

<p>m</p> <p>Pancakes on Stick Fruit Milk Juice</p> <p>1.</p>	<p>t</p> <p>Breakfast Pizza Fruit Milk Juice</p> <p>2.</p>	<p>w</p> <p>Biscuit Gravy Sausage Fruit Milk/Juice</p> <p>3.</p>	<p>th</p> <p>Waffles Sausage Fruit Milk Juice</p> <p>4.</p>	<p>f</p> <p>Cream Cheese Bagels Fruit Milk Juice</p> <p>5.</p>
<p>Yogurt Toast Fruit Milk Juice</p> <p>8.</p>	<p>Breakfast Toast Fruit Milk Juice</p> <p>9.</p>	<p>Breakfast Burrito Fruit Milk Juice</p> <p>10.</p>	<p>Pancakes Bacon Fruit Milk Juice</p> <p>11.</p>	<p>Donuts Sausage /Cheese Sticks Fruit Milk Juice</p> <p>12.</p>
<p>NO SCHOOL</p> <p>15.</p>	<p>Morning Rolls Fruit Milk Juice</p> <p>16.</p>	<p>Scrambled Eggs Bacon Toast Fruit Milk/Juice</p> <p>17.</p>	<p>French Toast Sausage Fruit Milk Juice</p> <p>18.</p>	<p>Cinnamon Rolls Sausage /Cheese Sticks Fruit Milk Juice</p> <p>19.</p>
<p>Oatmeal Toast Fruit Milk Juice</p> <p>22.</p>	<p>Chicken Biscuit Fruit Milk Juice</p> <p>23.</p>	<p>Pancake on Stick Fruit Milk Juice</p> <p>24.</p>	<p>Breakfast Pizza Fruit Milk Juice</p> <p>25.</p>	<p>Muffins Sausage Fruit Milk Juice</p> <p>26.</p>



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



DID YOU KNOW?

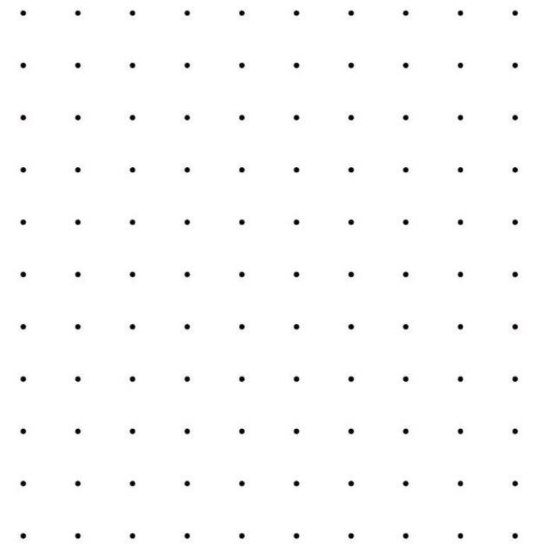
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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