



DECEMBER

2020

ROBERT LEE ISD



m

PBJ
Crispy Tacos , refried beans,
cucumbers, salsa ,oranges

CM-128

1.

t

Power Breakfast
Chicken Nuggets, Mashed
Potatoes, Broccoli, Fruit cup,
Roll, Brownie

CM-136 CM-175

2.

w

Breakfast Crackers and Cheese
Pepperoni Pizza, Carrots, side
salad, snowball salad

CM-181

3.

th

Muffin and Yogurt
Pulled Pork Sliders, green
beans, pineapple tidbits, chips,
fruit crisp

CM-165 CM-178 CM-135

4.

f

Waffles and Bacon
Meatloaf, mashed potatoes,
roasted okra, strawberries, Roll

CM-151 CM-173

7.

Breakfast Taquito
Meat and Cheese Chalupas,
refried beans, cucumbers,
salsa, Rosy Applesauce

CM-149 CM-174

8.

Breakfast Pizza
Chicken Tenders, Cheesy Broccoli,
Sweet potatoes, Mixed fruit, Roll,
gravy, Baked Pears

CM-112 CM-175

9.

Cereal Variety and Toast
Cheese Pizza, garden salad,
carrot coins , apples

10.

Cinnamon Roll and Sausage
BBQ on Bun, Chips, Coleslaw,
green beans, Fruit crisp

CM-105 CM-178 CM- 124

11.

Sausage Biscuit
Steak Fingers , mashed
potatoes, tomato cup,
strawberries, roll, gravy

14.

PBJ
Spaghetti Bowl, garden salad,
California blend, Fruit cup,

CM-182 CM-136

15.

Chicken N Waffles
Beef Stew, Celery and Carrot
sticks, peaches, cornbread,
pudding

CM-107

16.

Stuffed Bagel and Sausage
Mexican Combo Plate, corn,
refried beans, Spanish rice

CM-153

17.

Funnel Cake and Bacon
Sloppy Joe Sandwich, Potatoes,
Pears, Vegetable Medley,
Crispy treat

CM-180 CM-126 early release

18.

Holiday break

21.

Holiday break

22.

Holiday break

23.

Holiday Break

24.

MERRY CHRISTMAS!!!!

25.

Holiday Break

28.

Holiday Break

29.

Holiday Break

30.

Holiday
Break

31.

Special Announcements:



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



TEXAS DEPARTMENT OF AGRICULTURE
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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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