

### Odem - Edroy ISD **Elementary Breakfast Menu**



#### Special Announcements:

Milk Variety daily:

1% White Milk, Fat Free Chocolate Milk

\*\* Menu Subject to change based on product available.

Cereal
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Breakfast Cracker

Fruit:

100 % Juice

Milk: Student Choice

Assorted Muffin

Fruit:

100 % Juice

WG Honey Bun

Milk: Student Choice

Mini Waffles

Fruit:

2.

9.

16.

100% Juice

Milk: Student Choice

Cereal

Breakfast Cracker

Fruit:

100 % Juice

Milk: Student Choice

No School

Cereal

**Breakfast Cracker** 

Fruit:

100 % Juice

Milk: Student Choice

100 % Juice

Fruit:

Milk: Student Choice

Mini Waffles

Fruit:

100 % Juice

Milk: Student Choice

Cereal

**Breakfast Cracker** 

Fruit:

100 % Juice

Milk: Student Choice

No School

12.

Cereal

**Breakfast Cracker** 

Fruit:

100 % Juice

Milk: Student Choice

WG Donut

Fruit:

100 % Juice

Milk: Student Choice

Mini Waffles

Fruit:

100% Juice

Milk: Student Choice

Cereal

**Breakfast Cracker** 

Fruit:

100 % Juice

Milk: Student Choice

WG Honey Bun

Fruit:

11.

18.

100 % Juice

Milk: Student Choice

19.

No School

15.

Cereal

Breakfast Cracker

Fruit:

100 % Juice

Milk: Student Choice

Mini Waffles

Fruit:

100% Juice

Milk: Student Choice

24.

10.

Cereal

Breakfast Cracker

Fruit:

100 % Juice

25. Milk: Student Choice

Muffins

Fruit:

100 % Juice

Milk: Student Choice

26.











# 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.

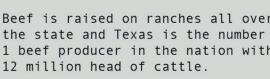
## DID YOU KNOW?

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

## 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!





TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** 

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