



FEBRUARY

2021

Odem – Edroy ISD Middle & High School Lunch Menu



Special Announcements:

** Menu Subject to Change ** Owl Daily Choices

1. Hot Meal 2. 2nd Choice 3. Chef Salad 4. Baked Potato

The meal requires student to select a fruit or vegetable as part of the meal.

Milk variety available daily 1% White Fat Free Chocolate Milk

Chicken Nuggets Steak Finger Mashed Potato / Gravy Hot Roll Steam Broccoli 1.	Spaghetti / Meat Sauce Pepperoni Pizza Peas & Carrots Hot Roll Romaine & Spinach Salad / Dressing Peach Cobbler 2.	Nacho Supreme King Ranch Casserole Pinto Beans Spanish Macaroni Romaine & Diced Tomato 3.	Chili / Dog/ Shredded Cheese Frio Pie / Shredded Cheese Baked Tots Seasoned Corn Baby Carrots / Dressing 4.	No School 5.
Chicken Patty Burger Poor Boy Sub Baked Fries Baked Beans Romaine & Diced Tomato 8.	Chicken Alfredo & Hot Roll Orange Chicken Fried Rice & Egg Roll Green Beans Baby Carrots / Dressing 9.	Turkey Over Rice Salisbury Steak / Rice Green Beans Hot Roll Romaine & Spinach Salad / Dressing 10.	Vegetable Soup Grilled Cheese Cheeseburger Corn Chips Cucumber Slices / Dressing Cookie 11.	No School 12.
Cheeseburger Hot & Spicy Burger Baked Tots Baked Beans Romaine & Diced Tomato 15.	Pepperoni Pizza Lasagna Peas & Carrots Cucumber Slices / Dressing Cake 16.	Chalupas Chicken Fajita Taco Spanish Macaroni Shredded Cheese Romaine & Diced Tomato 17.	Pop Corn Chicken Steak Finger Mashed Potato / Gravy Hot Roll & Green Beans 18.	Fish / Tatar Sauce Baked Chicken Macaroni & Cheese Steam Spinach Hot Roll Baby Carrots / Dressing 19.
No School 22.	Chili / Dog / Shredded Cheese Frito Pie/ Shredded Cheese Baked Tots Seasoned Corn Baby Carrots / Dressing 23.	Carne Gusiada / Tortillas Crispy Chicken Taco Pinto Beans Spanish Rice Romaine Salad / Dressing 24.	Vegetable Soup Grilled Cheese Cheeseburger Cucumber Slices / Dressing Cookie 25.	Tuna Noodle Chicken Spaghetti Peas & Carrots Hot Roll Romaine & Spinach Salad / Dressing 26.

Oat Meal Cookie





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?

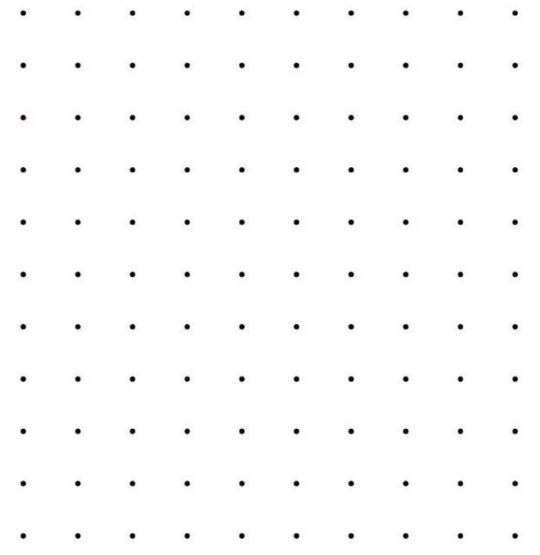
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is 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!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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www.SquareMeals.org