



# OCTOBER

2020

ROBERT LEE ISD



## Special Announcements:

### Pancakes and Bacon

Texas Basket(oven fries, steak fingers, roll, gravy) cucumbers, strawberries

CM-189

5.

### Sunrise Sandwich

Tex-Mex Stack(taco meat, corn chips, shredded cheese) refried beans, salsa, hot cinnamon apples, sherbet cup

CM-191 CM-143 BRK-120

6.

### Breakfast Pizza

Chicken Alfredo, breadstick, Tuscan vegetable, peaches, crispy treat

CM-114 CM-192

7.

### Breakfast Parfait

Hamburger Steak, brown gravy, roasted potatoes, broccoli salad, biscuit, mandarin oranges,

CM-142 CM-129

1.

### Cinnamon Rolls and Sausage

Fiesta Bowl, carrot coins, seasonal fruit, brownies

CM-131

2.

### COLUMBUS DAY

12.

### Breakfast Taquito

Meatball sub sandwich, tator tots, fresh veggie cup, strawberries

CM-150 CM-133

13.

### Cereal Variety and Toast

Asian Bowl, egg roll, rice, garden salad, grapes

CM-102

14.

### PBJ

Ham and Cheese Melt, Soup, chips, corn, tomato cup, fruity jello

CM-140

15.

### Donuts and Sausage

Potato Bowl(potato wedges, pulled pork, cheese) celery sticks, carrot coins, cinnamon applesauce

CM-164 CM-123

16.

### Cereal Variety and Toast

Breaded Drumstick , Biscuit , Sweet Potatoes , Corn, Grapes

19.

### Breakfast Burrito

Frito Pie , Cucumbers , pinto Beans , Salsa, Orange Smiles

CM-134 CM 102

20.

### Power Breakfast

Chicken Nuggets , Mashed Potatoes , Broccoli , Roll, Fruit Cup, fruit crisp

BRK-118 CM-135

21.

### Sausage Kolache and Yogurt

Hamburger, Steak Fries , Carrots, 2/3 c Snowball Salad

22.

### Morning Griddle Sandwich

Pulled Pork Sliders , Multigrain Chips , Savory Green Beans , Garden Salad , Chilled Pineapple , Brownies

CM-165 CM-175 BRK -114

23.

### Waffles and Bacon

Country Fried Steak , Gravy, Mashed Potatoes , Okra, Roll, Strawberries

26.

### Sausage, Egg, and Cheese and biscuit

Meat & Cheese Chalupas , Salsa , Cucumbers , Beans, Rosy Applesauce

CM-149 CM-174 BRK-117

27.

### Breakfast Pizza

Chicken Tenders , Roll , Gravy , Broccoli , Sweet Potatoes , Mixed Fruit , crispy treat

CM-

28.

### Biscuits gravy eggs

Chicken Spaghetti , Breadsticks, Garden Salad , Carrots , Fresh Apple Slices

CM-119 BRK-118

29.

### Cinnamon Rolls and Sausage

BBQ on a Bun , Multigrain Chips, Coleslaw, Savory Green Beans , Orange Smiles , Crispy treat

CM-105 CM-124 CM-156 CM-174

30.

- National School Lunch Week Oct. 12-16



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National School Lunch Program and School Breakfast Program



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# CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

## DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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## FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



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