



# FEBRUARY

2021

May ISD



### Special Announcements:

Free lunches from Nov 3<sup>rd</sup> 2020 till May 27, 2021 for all students Extra Milk: \$0.50 Extra Juice: \$0.50 Adult Price: \$3.75 Milk and juice are offered with each meal. Menu is subject to change due to deliveries. Salad served Daily.

<p><b>m</b></p> <p>Salisbury Steak Mashed Potatoes Green Beans/Rolls Fruit Milk/Juice</p> <p>1.</p>	<p><b>t</b></p> <p>Tacos Refried Beans Spanish Rice Fruit Milk/Juice</p> <p>2.</p>	<p><b>w</b></p> <p>Chicken Nuggets Tatar Tots Baked Beans Fruit Milk/Juice</p> <p>3.</p>	<p><b>th</b></p> <p>Pizza Corn Veggie Sticks Fruit Milk/Juice</p> <p>4.</p>	<p><b>f</b></p> <p>Ham Cheese Subs Chips Broccoli/Carrots Fruit Milk/Juice</p> <p>5.</p>
<p>Broccoli Chicken Rice Casserole/Rolls Celery/Peanut butter Fruit Milk/Juice</p> <p>8.</p>	<p>Quesadilla Ranch Beans Spanish Rice Fruit Milk/Juice</p> <p>9.</p>	<p>Orange Chicken Fried Rice/Egg Roll Mixed Vegetables Fruit Milk/Juice</p> <p>10.</p>	<p>Corn Dogs Baked Beans French Fries Fruit Milk/Juice</p> <p>11.</p>	<p>Chicken on bun Chips Broccoli/Carrots Fruit Milk/Juice</p> <p>12.</p>
<p><b>NO SCHOOL</b></p> <p>15.</p>	<p>Beef Enchiladas Refried Beans Spanish rice Fruit Milk/Juice</p> <p>16.</p>	<p>Chicken Strips Mashed Potatoes Corn Fruit Milk/Juice</p> <p>17.</p>	<p>Frito Pie Peas Celery/Peanut butter Fruit Milk/Juice</p> <p>18.</p>	<p>PBJ Sandwiches/Ham Cheese Broccoli /Carrots Chips Fruit Milk/Juice</p> <p>19.</p>
<p>Steak Finger Potato Wedges Cooked Carrots Fruit Milk/Juice</p> <p>22.</p>	<p>Bean cheese Burritos Ranch Beans Spanish Rice Fruit Milk/Juice</p> <p>23.</p>	<p>Shepard Pie Green Beans Broccoli/Rolls Fruit Milk/Juice</p> <p>24.</p>	<p>Grilled Cheese Sandwich Vegetable Soup Chips Fruit Milk/Juice</p> <p>25.</p>	<p>Cheese Burger French Fries Baked Beans Fruit Milk/Juice</p> <p>26.</p>



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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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?



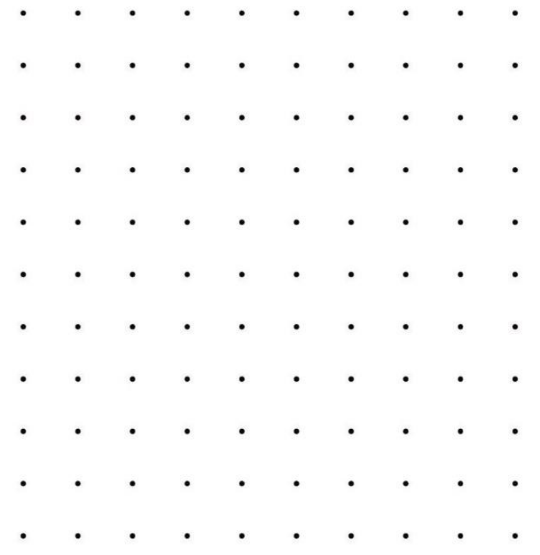
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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