



# AUGUST

2020

## EZZELL CAFE



m 3.	t 4.	w 5.	th 6.	f 7.
10.	11.	12.	13.	14.
17.	18.	19.	20. MUFFINS CORNDOGS BROCCOLI CARROTS/RANCH CHIPS	21. EGGS SAUSAGE TOAST STEAK FINGERS MASHED POTATOES GREEN BEANS ROLLS
24. HONEYBUN HAMBURGERS FRENCH FRIES LETT/TOM CHEEZ ITS	25. BREAKFAST TACOS TACOS LETT/TOM REFRIED BEANS CHIPS/SALSA	26. MUFFINS POPCORN CHICKEN SALAD BROCCOLI ROLLS	27. EGGS SAUSAGE TOAST PULLED PORK SANDWICHES BAKED BEANS COOKED CARROTS CHIPS	28. CHERRY STRUDEL GRILLED SANDWICH CELERY BROCCOLI TEDDY GRAHAMS
31. YOGURT PIZZA BROCCOLI CARROTS TEDDY GRAHAMS	<p><b>Special Announcements:</b></p> <p>CEREAL, MILK AND JUICE SERVED WITH BREAKFAST            FRUIT AND MILK SERVED WITH LUNCH            REMEMBER TO TAKE THREE ITEMS ONE OF THEM NEEDS TO BE A FRUIT OR VEGETABLE</p>			

MENU IS SUBJECT TO CHANGE



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

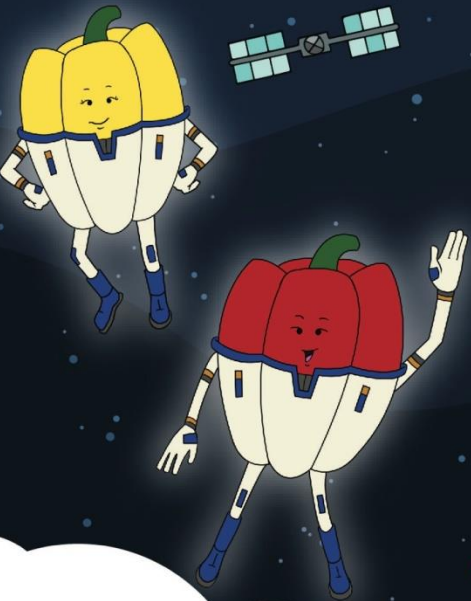
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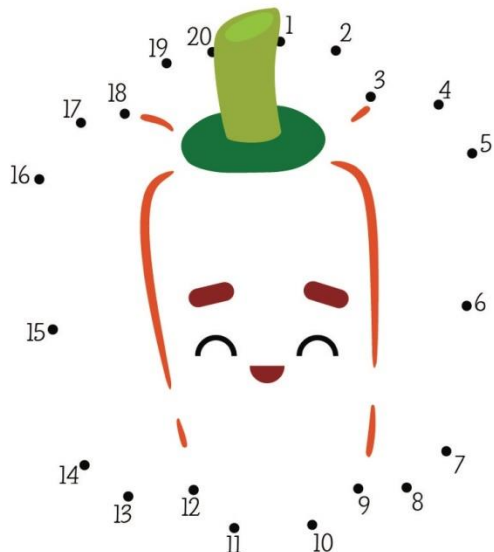
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# PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

## CONNECT THE DOTS



## DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



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