



# OCTOBER 2020

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### Special Announcements:

Breakfast K-12 Price: 1.75 Reduced: .30

Extra Milk: .50 Extra Juice: .50

Adult Price: 2.25 Milk/Juice Cereal offered daily

Breakfast Pizza  
Fruit  
Milk  
Juice

5.

Breakfast Burrito  
salsa  
Fruit  
Milk  
Juice

6.

French Toast  
Sausage/Cheese Stick  
Fruit  
Milk/Juice

7.

Breakfast Toast  
Fruit  
Milk  
Juice

8.

Cinnamon Rolls  
Cheese Sticks  
Fruit  
Milk/Juice

9.

**NO SCHOOL**

12.

Chicken Biscuit  
Fruit  
Milk  
Juice

13.

Scrambled Eggs  
Bacon  
Toast  
Fruit  
Milk/Juice

14.

Morning Rolls  
Fruit  
Milk  
Juice

15.

Donut  
Cheese Sticks  
Fruit  
Milk  
Juice

16.

Pancakes on Stick  
Fruit  
Milk  
Juice

19.

Sausage Biscuit  
Fruit  
Milk  
Juice

20.

Waffles  
Sausage/Cheese Stick  
Milk  
Juice

21.

Yogurt  
Toast  
Fruit  
Milk  
Juice

22.

Bagels  
Cheese Sticks  
Fruit  
Milk  
Juice

23.

Yogurt  
Toast  
Fruit  
Milk  
Juice

26.

Biscuit  
Gravy  
Sausage  
Fruit  
Milk/Juice

27.

Pancakes  
Sausage/Cheese Stick  
Fruit  
Milk  
Juice

28.

Sausage Croissant  
Fruit  
Milk  
Juice

29.

Muffins  
Cheese Sticks  
Fruit  
Milk  
Juice

30.

☐ - National School Lunch Week Oct. 12-16



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



Updated 01/2020  
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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.

## FIND THE DIFFERENCE

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



## 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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