



# DECEMBER

## 2020

### Odem – Edroy ISD Breakfast Menu Elementary School



m

Pig in Blanket  
Fruit  
100 % Juice  
Milk : Student Choice

1.

t

Assorted Cereal  
Breakfast Cracker  
Fruit  
100% Juice  
Milk : Student Choice

2.

w

Pancake Sausage Wrap  
Fruit  
100% juice  
Milk : Student Choice

3.

th

Breakfast Pizza  
Fruit  
100 % Juice  
Milk : Student Choice

4.

f

W G Honey Bun  
Fruit  
100% Juice  
Milk Student Choice

7.

Biscuit & Sausage  
Fruit  
100% Juice  
Milk : Student Choice

8.

Assorted Cereal  
Breakfast Cracker  
Fruit  
100% Juice  
Milk : Student Choice

9.

Assorted Muffins  
Fruit  
100% Juice  
Milk : Student Choice

10.

W G Cinnamon Roll  
Fruit  
100% Juice  
Milk : Student Choice

11.

W G Donut  
Fruit  
100% Juice  
Milk : Student Choice

14.

Pig in Blanket  
Fruit  
100% Juice  
Milk: Student Choice

15.

Assorted Cereal  
Breakfast Cracker  
Fruit  
100% Juice  
Milk: Student Choice

16.

WG Honey Bun  
Fruit  
100% Juice  
Milk: Student Choice

17.

NO SCHOOL

18.

21.

22.

MERRY CHRISTMAS  
HAPPY NEW YEAR !!!

23.

24.

25.

28.

29.

30.

31.

### Special Announcements:

Milk Variety daily:

1% White Milk, Fat Free Chocolate Milk

\*\* Menu Subject to change based on product available.



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



TEXAS DEPARTMENT OF AGRICULTURE  
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# GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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