



# AUGUST

2020

BREMOND ISD

Pre-K thru 12



m 3.	t 4.	w 5.	th 6.	f 7.
10.	11.	12.	13.	14.
17.	18.	<p>BREAKFAST Pancake stick, fruit, juice, milk</p> <p>LUNCH Pizza or hot pocket, Romaine salad, steamed carrots, fruit, milk</p>	<p>BREAKFAST Sausage roll, fruit, juice, milk</p> <p>LUNCH Chicken nuggets or steak fingers, potatoes, green beans, roll, gravy, fruit, milk</p>	<p>BREAKFAST Breakfast pizza, fruit, juice, milk</p> <p>LUNCH Hamburger or deli sub, lettuce, tomato, pickles, fries, fruit, milk</p>
<p>BREAKFAST Cinnamon toast, smokies, fruit, juice, milk</p> <p>LUNCH Chili dog or sausage wrap, fries, baked beans, veggie dippers, fruit</p>	<p>BREAKFAST Sausage &amp; biscuit, fruit, juice</p> <p>LUNCH Nachos, beef or chicken, corn, pinto beans, lettuce &amp; tomato, fruit</p>	<p>BREAKFAST Pop tart, fruit, juice, milk</p> <p>LUNCH Spaghetti/meat sauce or Ravioli, broccoli, corn, garlic toast, fruit, milk</p>	<p>BREAKFAST Breakfast burrito, fruit, juice, milk</p> <p>LUNCH Salisbury or oven fried steak, mashed potatoes, blackeye peas, gravy, roll, fruit, milk</p>	<p>BREAKFAST Waffle, sausage, fruit, juice, milk</p> <p>LUNCH Chicken on a bun or deli sub, lettuce, tomato, pickles, tater tots, fruit, milk</p>

BREAKFAST  
Cinnamon roll, fruit, juice, milk

LUNCH  
Corn dog or barbecue on bun, potatoe wedges, Ranch beans, veggie dippers, fruit, milk

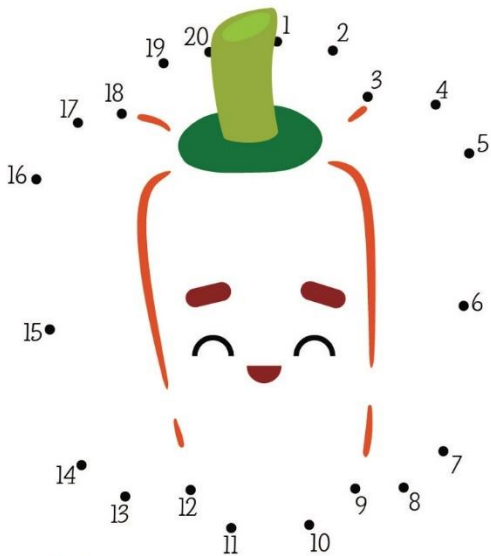
**Special Announcements:**  
Choice of cereal or yogurt at breakfast. Choice of milk is offered at each meal.



# PLATENARY PEPPER'S

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.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



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[www.SquareMeals.org](http://www.SquareMeals.org)