	DTTL/		BREMOND ISD	
S C	BREAKFAST Muffin top, fruit, juice, milk LUNCH Beef or chicken soft taco, corn, pinto beans, lettuce & tomato, ]. fruit. milk	BREAKFAST Pancake stick, fruit, juice, milk LUNCH Pizza or Hot Pocket, Romaine salad, carrots, sliced cucumbers? fruit, milk	Pre-K thru 12 BREAKFAST Sausage roll, fruit, juice, milk LUNCH Baked or oven fried chicken breast, potatoes, green beans, gravy, roll, fruit, milk 3.	BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Hamburger or sub sandwich, fries, lettuce, tomato, pickles, fruit, mild
school holiday 7.	BREAKFAST Cinnamon toast, smokies, fruit, juice, milk LUNCH Chili dog or sausage wrap, fries, baked beans, veggie dippers, fruit, milk <b>O.</b>	BREAKFAST Sausage & biscuit, fruit, juice, milk LUNCH Chicken Alfredo or Ravioli, corn, broccoli, garlic toast, fruit, milk 9.	BREAKFAST Pop-tart, fruit, juice, milk LUNCH Fish sticks or chicken sticks, Mac & Cheese, steamed carrots, green beans cornbread, fruit, milk	BREAKFAST Breakfast burrito, fruit, juice, milk LUNCH Chicken on a bun or sub sandwich, tater tots, lettuce, tomato, pickle
BREAKFAST Pancakes, sausage, fruit, juice, milk LUNCH Corn dog or rib sandwich, potato wedges, baked beans, veggie dippers, fruit, milk	BREAKFAST Muffin top, fruit, juice, milk LUNCH Chicken nuggets or steakfingers, potatoes, green beans, gravy, r引Ҕ. fruit, milk	BREAKFAST Sausage roll, fruit, juice, milk LUNCH Pepperoni or cheese pizza, Romaine salad, carrots, sliced]6. cucumbers, fruit, milk	BREAKFAST Pancake stick, fruit, juice, milk LUNCH Beef/bean burrito or chicken taquitos, corn, pinto beans, vegg	BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Hamburger or sub sandwich, fries, lettuce, tomato, pickles, fruit, m
BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Nachos, beef or chicken, corn, pinto beans, lettuce & tomat2]. fruit, milk	BREAKFAST Cinnamon toast, smokies, fruit, juice, milk LUNCH Grilled cheese or sub sandwich, veggje soup, fries, cucumber slices, fruit, zijk.	BREAKFAST Sausage & biscuit, fruit, juice, milk LUNCH Spaghetti/meat sauce or Ravioli, broccoli, carrots, garlic toast, fr DS milk	BREAKFAST Pop-tart, fruit, juice, milk LUNCH Salisbury or oven fried steak, mashed potatoes, blackeye peas, roll, gravy fruit, milk	BREAKFAST Breakfast burrito, fruit, juice, milk LUNCH Chicken on a bun or sub sandwich, tater tots, lettuce, tomato, pickles fruit, milk 25.
BREAKFAST Waffle, sausage, fruit, juice, milk LUNCH Beef or chicken soft taco, corn, pinto beans, lettuce & tomato, fruit, milk 28.	BREAKFAST Cinnamon roll, fruit, juice, milk LUNCH Corn dog or barbecue on bun, Ranch beans, potato wedges, veggie dippers fruit, milk	BREAKFAST Muffin top, fruit, juice, milk LUNCH Pizza, Romaine salad, carrots, cucumber slices, fruit, milk 30.	Special Announcements: Choice of cereal or yogurt at breakfast. Choice of milk with each meal.	
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Food and Nutrition Division National School Lunch Program and School Breakfast Program

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## TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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## MARTIAN MELONS

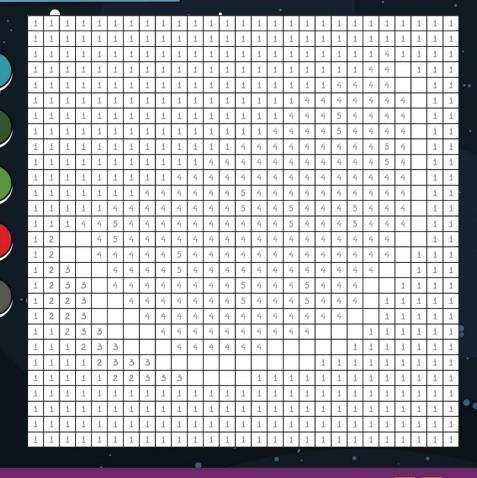
Mars is the fourth planet from the sun and it gets its name from a mythological figure the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

COLOR BY NUMBERS

## DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.



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