



FEBRUARY

2021

Bremont ISD Pre-K thru 12



Special Announcements:

Menu is subject to change without notice due to availability of product.

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Beef or chicken nachos, corn, pinto beans, lettuce & tomato, fruit, milk

BREAKFAST
Cinnamon toast, smokies, fruit, juice, milk
LUNCH
Corn dog or rib sub, potato wedges, baked beans, veggie dippers, fruit, milk

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Hamburger or sub, tots, lettuce, tomato, pickles, fruit, milk

STUDENT HOLIDAY

BREAKFAST
Sausage & biscuit, fruit, juice, milk
LUNCH
Chile dog or sausage wrap, potato wedges, baked beans, cucumber slices, fruit, milk

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Soft beef or chicken taco, corn, pinto beans, lettuce & tomato, fruit, milk

BREAKFAST
Pancakes, sausage, juice, milk
LUNCH
Beef/bean burrito or Frito pie, corn, pinto beans, fruit, milk

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Chili dog or sausage wrap, potato wedges, baked beans, fruit, milk

BREAKFAST
Breakfast taco, fruit, juice, milk
LUNCH
Pizza or Hot Pocket, Romaine salad, carrots, fruit, milk

BREAKFAST
Sausage & biscuit, fruit, juice, milk
LUNCH
Spaghetti or Ravioli, carrots, broccoli, garlic toast, fruit, milk

BREAKFAST
Sausage roll, fruit, juice, milk
LUNCH
Chicken or fish sticks, Mac & cheese, green beans, cornbread, carrot dinners, fruit, milk

BREAKFAST
Muffin top, fruit, juice, milk
LUNCH
Chicken Alfredo or Ravioli, corn, broccoli, garlic toast, fruit, milk

BREAKFAST
Pancakes & sausage, fruit, juice, milk
LUNCH
Chicken nuggets or steak fingers, potatoes, green beans, roll, fruit, milk

BREAKFAST
Muffin top, fruit, juice, milk
LUNCH
Salisbury or oven fried steak, potatoes, blackeye peas, gravy, roll, fruit, milk

BREAKFAST
Cinnamon toast, smokies, fruit, juice, milk
LUNCH
Pizza or Hot pocket, Romaine salad, carrots, fruit, milk

BREAKFAST
Sausage & biscuit, fruit, juice, milk
LUNCH
Oven fried or baked chicken breast, potatoes, green beans, gravy, fruit, milk

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Hamburger or sub, lettuce, tomato, pickles, tater tots, fruit, milk

BREAKFAST
Breakfast taco, fruit, juice, milk
LUNCH
Chicken on a bun or sub, lettuce, tomato, pickles, fries, fruit, milk

BREAKFAST
Cinnamon roll, fruit, juice, milk
LUNCH
Grilled cheese or sub, soup, fries, lettuce, tomato, pickles, fruit, milk

BREAKFAST
Scrambled eggs, biscuit, fruit, juice, milk
LUNCH
Cheese pizza or sub, Romaine salad, veggie dinners, fruit, milk





BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



DID YOU KNOW?

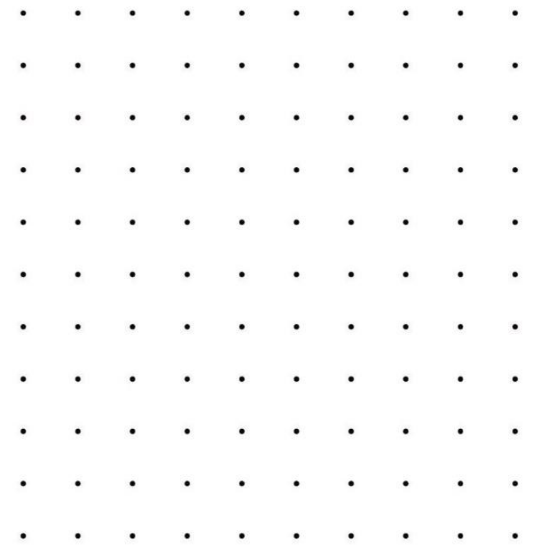
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.
This institution is an equal opportunity provider.



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



Updated 01/2020
www.SquareMeals.org