

Menus for June 2021



Brown, Cobb, Crenshaw, DeZavala, Hamblen, McMullan & Schochler

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Breakfast (350-500 Calories):

Students are required to take at least 3 food items, **including a fruit or juice.**

A choice of milk is offered daily, but is optional.

All entrées count as 2 items.

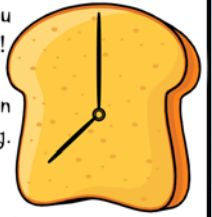
Lunch (550-650 Calories):

Students will receive a pre-plated meal which consists of an entrée and 1-2 hot vegetables. Students may also select from the following optional items: the chilled vegetable of the day (if offered), a fruit and their choice of milk.

A fruit or vegetable is required with all lunch trays.

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



Tuesday, June 1

Breakfast
Glazed Donut (Cal./289)

Lunch

Pre-Plated:
Daily Entrée:
Beef Burrito with Cheese Sauce (Cal./327)

Weekly Entrée:
OR Flame Grilled Cheeseburger (Cal./361)

Seasoned Potato Wedges

Optional:
Burger Salad

1. Fresh Fruit **OR**
2. Apple Chips

Ketchup, Mayo, Mustard

Wednesday, June 2

Breakfast
Eggo Mini Maple Pancakes (Cal./210)

Lunch

Pre-Plated:
Daily Entrée:
Tyson Chicken Tenders (Cal./260)

Weekly Entrée:
OR Toasted Ham & Cheese Sandwich (Cal./279)

Home Style Mashed Potatoes with Gravy

Optional:
Baby Carrots, Cucumber & Pickle Spear

1. Chilled Strawberry Cup **OR**
2. Orange Smiles

Ketchup, Gravy

Thursday, June 3

Breakfast
Sausage Breakfast Pizza (Cal./210)

Lunch

Pre-Plated:
Daily Entrée:
Beef Nachos with Cheese (Cal./328)

Weekly Entrée:
OR Pepperoni Pizza (Cal./310)

Steamed Broccoli with Cheese
Seasoned Oven Fries

Optional:
1. Fresh Sliced Apples **OR**
2. Fruit Cobbler

Ketchup

Friday, June 4

Breakfast
Double Chocolate Mini Muffin with Honey Grahams (Cal./213)

Lunch

Pre-Plated:
Daily Entrée:
2 Carnita Enchiladas (Cal./409)

Weekly Entrée:
OR Tyson Chicken Nuggets (Cal./260)

Sweet Carrot Coins
Charro Beans

Optional:
1. Flavored Raisels **OR**
2. Chilled Peach Cup

Ketchup

Saturday, June 5

Breakfast
Cereal Cup with Sunflower Seeds (Cal./310)

Dried Mixed Fruit

Optional: Crasins

Lunch

Turkey Deli & Cheese Sandwich (Cal./272)

Fresh Baby Carrots
Gold Rush Vegetable Juice

Optional: Apple Chips

Sunday, June 6

Breakfast
Eggo Mini Confetti Pancakes (Cal./220)

Dried Mixed Fruit

Optional: Crasins

Lunch

Mozzarella Cheese Stick & Sunflower Seeds (Cal./290)

Chips & Salsa
Tropical Twist Vegetable Juice

Optional: Apple Chips

Monday, June 7

Breakfast
Eggo Mini French Toast (Cal./210)

Lunch

Pre-Plated:
Daily Entrée:
2 Beef Tacos with Spanish Rice (Cal./479)

Weekly Entrée:
OR Popcorn Chicken (Cal./251)

Sweet Carrot Coins
Charro Beans

Optional:
1. Applesauce Cup **OR**
2. Dried Mixed Fruit

Ketchup

Tuesday, June 8

Breakfast
Glazed Donut Holes (Cal./289)

Lunch

Pre-Plated:
Daily Entrée:
Tyson Chicken Tenders (Cal./260)

Weekly Entrée:
OR Flame Grilled Cheeseburger (Cal./361)

Seasoned Curly Fries

Optional:
Baby Carrots, Cucumbers & Pickle Spears

1. Fresh Fruit **OR**
2. Apple Chips

Ketchup, Mayo, Mustard

Wednesday, June 9

Breakfast
Pop Tart with Honey Grahams (Cal./270)

Lunch

Pre-Plated:
Daily Entrée:
Spaghetti and Meatballs (Cal./299)

Weekly Entrée:
OR Toasted Ham & Cheese Sandwich (Cal./279)

Golden Corn
Steamed Broccoli with Cheese

Optional:
1. Chilled Strawberry Cup **OR**
2. Orange Smiles

Thursday, June 10

Breakfast
Sausage Breakfast Pizza (Cal./210)

Lunch

Pre-Plated:
Daily Entrée:
Beef Nachos with Cheese (Cal./328)

Weekly Entrée:
OR Pepperoni Pizza (Cal./310)

Seasoned Oven Fries

Optional:
Shredded Pico Salad

1. Fresh Sliced Apples **OR**
2. Mixed Fruit Jello with Whipped Topping

Ketchup

Friday, June 11

Early Dismissal

Breakfast
Eggo Mini Maple Pancakes (Cal./210)

Lunch

Pre-Plated:
Daily Entrée:
Corn Dog (Cal./240)

Weekly Entrée:
OR Tyson Chicken Nuggets (Cal./260)

Seasoned Green Beans
Crispy Tater Tots

Optional:
1. Flavored Raisels **OR**
2. Chilled Peach Cup

Ketchup, Mustard



Have a great Summer!
See you August 23rd

Saturday, June 12

Breakfast
Cereal Bowl (Cal./210)

Dried Mixed Fruit

Optional: Crasins

Lunch

Turkey Deli & Cheese Sandwich (Cal./272)

Fresh Baby Carrots
Gold Rush Vegetable Juice

Optional: Apple Chips

Sunday, June 13

Breakfast
Granola Bar with Sunflower Seeds (Cal./350)

Dried Mixed Fruit

Optional: Crasins

Lunch

Mozzarella Cheese Stick & Sunflower Seeds (Cal./290)

Chips & Salsa
Tropical Twist Vegetable Juice

Optional: Apple Chips

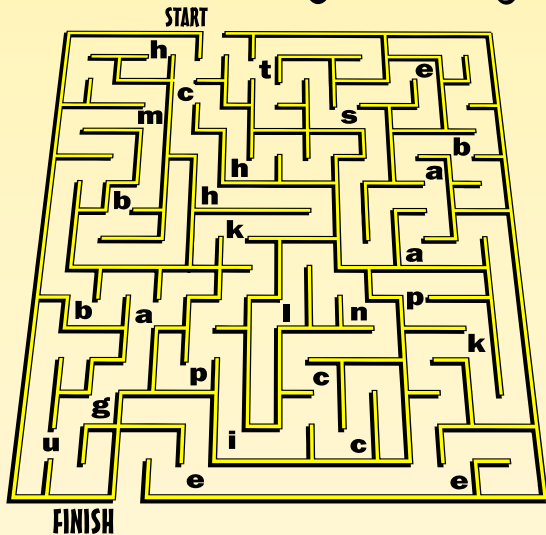
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SUMMER MEALS! ALL KIDS EAT FREE!

Channelview ISD Child Nutrition Services will be providing FREE, healthy curbside meals to all children ages 1-18 at 4 locations.

All children, regardless of enrollment in Channelview ISD, may come to pick up delicious, healthy meals free of charge.

What's the #1 favorite grilled food in America? To find out, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the right path to get the answer!



ANSWER:

Please note: If the child does not attend Channelview ISD, the child must be present to receive meals. Channelview ISD students do not need to be present, but parents must present a Student ID for each child.

Meals will be distributed from **10:00 am - 1:00 pm every Monday and Thursday at the four locations below beginning June 14th.**

Three days of meals will be provided on Mondays and 4 days of meals on Thursdays. *All other feeding sites that are currently operating will be closed after serving meals Friday, June 11th.*

If you have any questions, please visit the Nutrition Department page on our website at: www.cvisd.org or contact the serving location nearest you.

2021 Summer Meals Sites

Anthony Aguirre Junior High 15726 Wallisville Road

Cobb Elementary 915 Dell Dale

DeZavala Elementary 16150 Second Street

Early Childhood Center 911 Sheldon Road