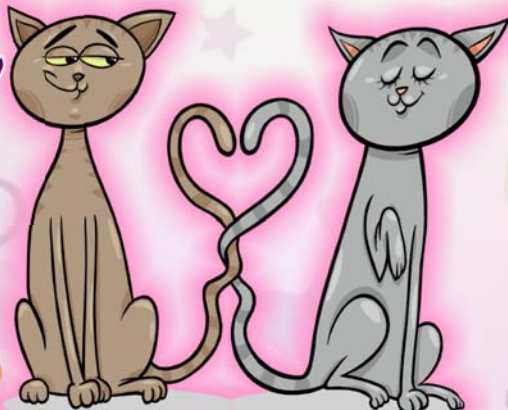


February  
2019

Alice Johnson  
Jr. High  
and  
Anthony Aguirre  
Jr. High



BE  
MINE

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



## AVAILABLE DAILY BREAKFAST LUNCH

Assorted Cereal (IG), Pop Tart (IG),  
Double Chocolate Mini Muffin (IG)  
(Available: Mon, Wed & Fri)  
Chocolate Chip Mini Muffin  
(Available Tues and Thurs)  
Grahams are available with  
each of the above entrées

Glazed Sweet Roll (2G)  
(Available Wed & Fri)

Milk, Fruit and Juice

A Fruit or Juice is Required  
With all Breakfast Trays  
Breakfast Calories: 350-500

Milk, Fruit and  
Vegetables

A Fruit or Vegetable is  
Required with all  
Lunch Trays

Lunch Calories:  
550-650



Super Bowl Friday, Feb 1

### Super Bowl Friday Breakfast

Sausage Breakfast Pizza (Cal/210)

### Lunch

Gold Kist Crispy Chicken Bites  
w/ Jalapeño Wheat Roll (Cal/280)

### OR

Texas Cheeseburger (Cal/385)

Seasoned Curly Fries  
Burger Salad  
Steamed Broccoli w/Cheese

Chilled Peach Cup **OR**  
Sour Apple Applesauce Cup

Ketchup, Mayo, Mustard, BBQ Sauce,  
RF Ranch Dressing

### AVAILABLE WEEKLY

WEEK ONE:

CHARRO BEANS  
(Feb 4 - Feb 8)  
(Feb 25 - Mar 1)

WEEK TWO:

GOLDEN CORN  
(Feb 11 - Feb 15)

WEEK THREE:

STEAMED BROCCOLI  
W/CHEESE  
(Jan 28- Feb 1)  
(Feb 18- Feb 22)

Monday, February 4

#### Breakfast

Honey Glazed Donut (Cal/287)

#### Lunch

Mini Hot Dog w/Macaroni & Cheese  
(Cal/298)

#### OR

Gold Kist Chicken Smackers (Cal/269)

Steamed Broccoli w/Cheese  
Sweet Carrot Coins  
Charro Beans

Chilled Peach Cup **OR**  
Mandarin Oranges

Ketchup, Mayo, Mustard, BBQ Sauce

### YEAR OF THE PIG



Tuesday, February 5

#### Chinese New Year Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)

**OR** Chicken Kolache (Cal/180)

#### Lunch

Tangerine Chicken & ½ Egg Roll  
w/Fried Rice (Cal/404)

#### OR

Beef Nachos w/Cheese (Cal/242)

Crispy Tater Tots  
Shredded Pico Salad  
Charro Beans  
Fortune Cookie

Fresh Fruit **OR**

Chilled Strawberry Cup  
Ketchup, BBQ Sauce, Salsa, Jalapeños,  
RF Ranch Dressing, Sweet & Sour Sauce

Wednesday, February 6

#### Breakfast

Pancake Wrapped Sausage on a  
Stick (Cal/210)

#### Lunch

Spaghetti w/Meatballs  
w/Garlic Toast (Cal/420)

#### OR

½ Hot Grilled Ham & Cheese  
Sandwich w/Trix Yogurt Cup  
(Cal/239)

Seasoned Green Beans  
Vegetable Juice  
Charro Beans  
Fruit Cobbler w/Topping **OR**  
Chilled Pear Cup

Thursday, February 7

#### Breakfast

Donut Holes w/Honey Glaze (Cal/306)

#### Lunch

Chicken Taco Gordita w/Cilantro  
Lime Sauce & Spanish Rice (Cal/445)

#### OR

Gold Kist Spicy Chicken Sandwich  
(Cal/348)

Golden Corn  
Refried Beans  
Charro Beans

Fresh Sliced Apples **OR**  
Diced Pear Jello  
Ketchup, Mayo, Mustard, BBQ Sauce,  
Salsa, Jalapeños

Friday, February 8

#### Breakfast

Sausage Breakfast Pizza (Cal/210)

#### Lunch

Sausage Link w/BBQ Sauce on a  
Bun & Cheez-it Crackers (Cal/500)

#### OR

Texas Cheeseburger (Cal/385)

Seasoned Curly Fries  
Burger Salad  
Charro Beans

Chilled Peach Cup **OR**  
Sour Apple Applesauce Cup  
Ketchup, Mayo, Mustard, BBQ Sauce,  
Salsa, Jalapeños

Monday, February 11

#### Breakfast

Honey Glazed Donut (Cal/287)

#### Lunch

Tyson Hot & Spicy Tenderloins  
(Cal/220)

#### OR

Gold Kist Chicken Smackers (Cal/269)

Steamed Broccoli w/Cheese  
Seasoned Oven Fries  
Golden Corn

Chilled Peach Cup **OR**  
Mandarin Oranges

Ketchup, BBQ Sauce

Tuesday, February 12

#### Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)

**OR** Chicken Kolache (Cal/180)

#### Lunch

Gold Kist Crispy Chicken Pattie  
w/Country Gravy & Jalapeño  
Wheat Roll (Cal/331)

#### OR

Beef Nachos w/Cheese (Cal/242)  
Home Style Mashed Potatoes w/  
Country Gravy  
Shredded Pico Salad  
Golden Corn

Fresh Fruit **OR**

Chilled Strawberry Cup  
Ketchup, BBQ Sauce, Salsa, Jalapeños,  
RF Ranch Dressing, Country Gravy

Wednesday, February 13

#### Breakfast

Pancake Wrapped Sausage on a  
Stick (Cal/210)

#### Lunch

1 Tamale & 1 Beef Chipotle  
Empanada w/Cheese Sauce (Cal/417)

#### OR

½ Hot Grilled Ham & Cheese  
Sandwich w/Trix Yogurt Cup  
(Cal/239)

Charro Beans  
Sweet Carrot Coins  
Golden Corn

Fruit Cobbler w/Topping **OR**  
Chilled Pear Cup

Salsa, Jalapeños

Thursday, February 14

Happy Valentine's Day

#### Breakfast

Donut Holes w/Honey Glaze (Cal/306)

#### Lunch

Valentine Heart Nuggets (Cal/180)

#### OR

Gold Kist Spicy Chicken Sandwich  
(Cal/348)

Flavored Fresh Carrots  
Seasoned Waffle Fries  
Golden Corn

Cinnamon Heart Grahams

Fresh Sliced Apples **OR**  
Diced Pear Jello

Ketchup, Mayo, Mustard, BBQ Sauce,  
RF Ranch Dressing,

Friday, February 15

#### Breakfast

Sausage Breakfast Pizza (Cal/210)

#### Lunch

2 Pork Carnita Enchiladas (Cal/409)

#### OR

Texas Cheeseburger (Cal/385)

Seasoned Potato Wedges  
Burger Salad  
Golden Corn

Chilled Peach Cup **OR**  
Sour Apple Applesauce Cup

Ketchup, BBQ Sauce, Salsa, Jalapeños



## WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. **Happy Presidents Day!**



Every complete meal we serve comes with your choice of milk!

## eatfit wanna stay fit? gotta eat right!



**item:** oatmeal  
**verdict:** any time

**tip:** Hot oatmeal does your body good on chilly winter's mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.



Monday, February 18



**NO SCHOOL TODAY**

Tuesday, February 19

### Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)  
**OR** Chicken Kolache (Cal/180)

### Lunch

Los Cabos Ultra Burrito w/Cheese Cubes (Cal/387)  
**OR** Beef Nachos w/Cheese (Cal/242)

Charro Beans  
Flavored Fresh Carrots  
Steamed Broccoli w/Cheese  
Fresh Fruit **OR**  
Chilled Strawberry Cup  
Salsa, Jalapeños, RF Ranch Dressing

Wednesday, February 20

### Breakfast

Pancake Wrapped Sausage on a Stick (Cal/210)

### Lunch

Big Daddy Pizza Slice (Cal/370)  
**OR** ½ Hot Grilled Ham & Cheese Sandwich w/Trix Yogurt Cup (Cal/239)

Crispy Tater Tots  
Golden Corn  
Steamed Broccoli w/Cheese  
Fruit Cobbler w/Topping **OR**  
Chilled Pear Cup  
Ketchup, BBQ Sauce

Thursday, February 21

### Breakfast

Donut Holes w/Honey Glaze (Cal/306)

### Lunch

Oven Fried Chicken & Macaroni & Cheese w/Jalapeño Wheat Roll (Cal/571)

### OR

Gold Kist Spicy Chicken Sandwich (Cal/348)

Home Style Mashed Potatoes w/Gravy  
Burger Salad  
Steamed Broccoli w/Cheese  
Fresh Sliced Apples **OR**  
Diced Pear Jello  
Ketchup, Mayo, Mustard, BBQ Sauce, Gravy, RF Ranch Dressing

Friday, February 22

## Go Texan Day

### Breakfast

Sausage Breakfast Pizza (Cal/210)

### Lunch

Gold Kist Crispy Chicken Bites w/Jalapeño Wheat Roll (Cal/280)

### OR

Texas Cheeseburger (Cal/385)

Seasoned Curly Fries  
Burger Salad  
Steamed Broccoli w/Cheese  
**Go Texan Gingerbread**  
Chilled Peach Cup **OR**  
Sour Apple Applesauce Cup  
Ketchup, Mayo, Mustard, BBQ Sauce, RF Ranch Dressing

Monday, February 25

### Breakfast

Honey Glazed Donut (Cal/287)

### Lunch

Mini Hot Dog w/Macaroni & Cheese (Cal/298)

### OR

Gold Kist Chicken Smackers (Cal/269)

Steamed Broccoli w/Cheese  
Sweet Carrot Coins  
Charro Beans

Chilled Peach Cup **OR**  
Mandarin Oranges

Ketchup, Mayo, Mustard, BBQ Sauce

Tuesday, February 26

### Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)  
**OR** Chicken Kolache (Cal/180)

### Lunch

Tyson Spicy Chicken Nuggets w/Jalapeño Wheat Roll (Cal/290)

### OR

Beef Nachos w/Cheese (Cal/242)

Crispy Tater Tots  
Shredded Pico Salad  
Charro Beans  
Fresh Fruit **OR**  
Chilled Strawberry Cup  
Ketchup, BBQ Sauce, Salsa, Jalapeños, RF Ranch Dressing

Wednesday, February 27

### Breakfast

Pancake Wrapped Sausage on a Stick (Cal/210)

### Lunch

Spaghetti w/Meatballs w/Garlic Toast (Cal/420)

### OR

½ Hot Grilled Ham & Cheese Sandwich w/Trix Yogurt Cup (Cal/239)

Seasoned Green Beans  
Vegetable Juice  
Charro Beans  
Fruit Cobbler w/Topping **OR**  
Chilled Pear Cup

Thursday, February 28

### Breakfast

Donut Holes w/Honey Glaze (Cal/306)

### Lunch

Chicken Taco Gordita w/Cilantro Lime Sauce & Spanish Rice (Cal/445)

### OR

Gold Kist Spicy Chicken Sandwich (Cal/348)

Golden Corn  
Refried Beans  
Charro Beans

Fresh Sliced Apples **OR**  
Diced Pear Jello

Ketchup, Mayo, Mustard, BBQ Sauce, Salsa, Jalapeños

Friday, March 1

### Breakfast

Sausage Breakfast Pizza (Cal/210)

### Lunch

Sausage Link w/BBQ Sauce on a Bun & Cheez-it Crackers (Cal/500)

### OR

Texas Cheeseburger (Cal/385)

Seasoned Curly Fries  
Burger Salad  
Charro Beans

Chilled Peach Cup **OR**  
Sour Apple Applesauce Cup  
Ketchup, Mayo, Mustard, BBQ Sauce, Salsa, Jalapeños

## YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

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



**36 BY THE NUMBERS**  
**PERCENT OF AMERICAN TWELFTH GRADERS WHO DO VOLUNTEER SERVICE AT LEAST ONCE A MONTH**

## STRANGE BUT TRUE!

**DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY. THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!**



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