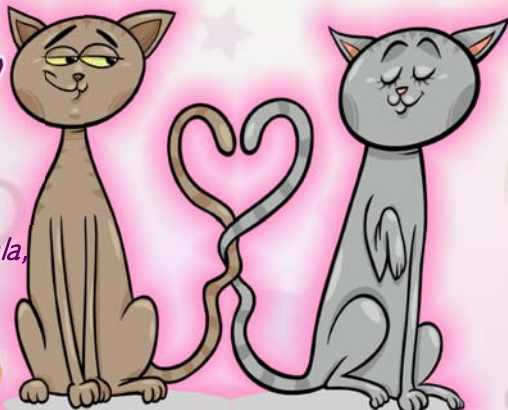


February
2019

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

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



Any Student
that selects a
Reimbursable
Lunch with us on
Friday,
February 1, 2019
will have a chance
to win a
Football Bear



Super Bowl Friday, Feb 1

Super Bowl Friday Breakfast

Sausage Breakfast Pizza (Cal/210)

Lunch

Los Cabos Bean & Cheese
Burrito (Cal/221)

OR

Gold Kist Crispy Chicken Bites
(Cal/200)

Golden Corn

Fresh Flavored Carrots
Steamed Broccoli w/Cheese

Chilled Peach Cup OR

Sour Apple Applesauce Cup

Ketchup, BBQ Sauce, Salsa, Jalapeños
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

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

OR

Gold Kist Chicken Smackers (Cal/269)

Crispy Tater Tots
Seasoned Green Beans
Charro Beans

Chilled Peach Cup OR
Mandarin Oranges

Ketchup, BBQ Sauce, Salsa, Jalapeños



Tuesday, February 5

Chinese New Year Breakfast

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

Lunch

Tangerine Chicken & 1/2 Egg Roll
w/Fried Rice (Cal/404)

OR

Flame Grilled Hamburger

Home Style Mashed Potatoes
w/Country Gravy
Burger Salad
Charro Beans
Fortune Cookie

Fresh Fruit OR
Chilled Strawberry Cup

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

Wednesday, February 6

Breakfast

Pancake Wrapped Sausage on a
Stick (Cal/210)

Lunch

Pepperoni Pizza (Cal/290)

OR

1/2 Hot Grilled Ham & Cheese
Sandwich w/Trix Yogurt Cup
(Cal/239)

Seasoned Potato Wedges
Mixed Vegetables
Charro Beans

Fruit Cobbler w/Topping OR
Chilled Pear Cup

Ketchup, BBQ Sauce

Thursday, February 7

Breakfast

Donut Holes w/Honey Glaze (Cal/306)

Lunch

Gold Kist Chicken Rings (Cal/214)

OR

Beef Nachos w/Cheese (Cal/242)

Seasoned Oven Fries
Steamed Broccoli w/Cheese
Charro Beans

Fresh Sliced Apples OR
Diced Pear Jello

Ketchup, BBQ Sauce, Salsa, Jalapeños

Friday, February 8

Breakfast

Sausage Breakfast Pizza (Cal/210)

Lunch

2 Pork Carnita Enchiladas w/
Mozzarella Cheese (Cal/409)

OR

Gold Kist Crispy Chicken Bites
(Cal/200)

Golden Corn
Sweet Carrot Coins
Charro Beans

Chilled Peach Cup OR
Sour Apple Applesauce Cup

Ketchup, BBQ Sauce, Salsa, Jalapeños

Monday, February 11

Breakfast

Honey Glazed Donut (Cal/287)

Lunch

Corn Dog (Cal/240)

OR

Gold Kist Chicken Smackers (Cal/269)

Macaroni & Cheese
Vegetable Juice
Seasoned Curly Fries
Golden Corn

Chilled Peach Cup OR
Mandarin Oranges

Ketchup, Mayo, Mustard, BBQ Sauce

Tuesday, February 12

Breakfast

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

Lunch

2 Crispy Chicken Tacos
w/Spanish Rice (Cal/319)

OR

Flame Grilled Hamburger (Cal/242)
Charro Beans

Baby Carrots, Cucumber, and
Pickle Spears
Golden Corn

Fresh Fruit OR

Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce, Salsa,
Jalapeño, RF Ranch Dressing

Wednesday, February 13

Breakfast

Pancake Wrapped Sausage on a
Stick (Cal/210)

Lunch

Spaghetti w/Meatballs w/Jalapeño
Wheat Roll (Cal/420)

OR

1/2 Hot Grilled Ham & Cheese
Sandwich w/Trix Yogurt Cup
(Cal/239)

Flavored Fresh Carrots
Steamed Broccoli w/Cheese
Golden Corn

Fruit Cobbler w/Topping OR
Chilled Pear Cup

RF Ranch Dressing

Any Student
that selects a
Reimbursable
Lunch with us on
**Thursday,
February 14, 2019**
will
Receive a
**Leaping Lizard
Valentine**



Thursday, February 14

Happy Valentine's Day Breakfast

Donut Holes w/Honey Glaze (Cal/306)

Lunch

Valentine Heart Nuggets
(Cal/180)

OR

Beef Nachos w/Cheese (Cal/242)
Seasoned Oven Fries
Shredded Pico Salad
Golden Corn

Cinnamon Heart Grahams
Leaping Lizard Valentine

Fresh Sliced Apples OR
Diced Pear Jello

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

Friday, February 15

Breakfast

Sausage Breakfast Pizza (Cal/210)

Lunch

Hot Dog w/Sauce & Mozzarella
Cheese (Cal/315)

OR

Gold Kist Crispy Chicken Bites
(Cal/200)

Crispy Tater Tots
Seasoned Green Beans
Golden Corn

Chilled Peach Cup OR
Sour Apple Applesauce Cup

Ketchup, Mayo, Mustard, BBQ Sauce



Any Student
that selects a
Reimbursable Lunch
with us on
Monday,
February 11, 2019
will have a chance to
win a
Hugs & Kisses Puppy

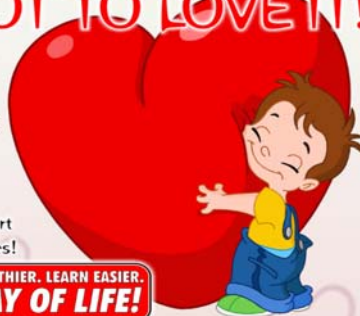
WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

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!



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!



What's on **YOUR** plate?



Monday, February 18



NO SCHOOL TODAY

Tuesday, February 19

Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)

OR Chicken Kolache (Cal/180)

Lunch

Pepperoni Pizza (Cal/290)

OR

Flame Grilled Hamburger (Cal/242)

Crispy Tater Tots
Burger Salad
Steamed Broccoli w/Cheese

Fresh Fruit OR
Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce,
RF Ranch Dressing

Wednesday, February 20

Breakfast

Pancake Wrapped Sausage on a Stick (Cal/210)

Lunch

Tangerine Chicken & ½ Egg Roll w/
Fried Rice (Cal/414)

OR

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

Sweet Carrot Coins
Seasoned Green Beans
Steamed Broccoli w/Cheese

Fruit Cobbler w/Topping OR
Chilled Pear Cup

Sweet & Sour Sauce

Thursday, February 21

Breakfast

Donut Holes w/Honey Glaze (Cal/306)

Lunch

Mini Hot Dog w/Cheddar Cheese
Cubes (Cal/240)

OR

Beef Nachos w/Cheese (Cal/240)

Seasoned Waffle Fries
Shredded Pico Salad
Steamed Broccoli w/Cheese

Fresh Sliced Apples OR
Diced Pear Jello
Ketchup, Mayo, Mustard, BBQ Sauce, Salsa,
Jalapeños, RF Ranch Dressing

Friday, February 22

Go Texan Day

Breakfast

Sausage Breakfast Pizza (Cal/210)

Lunch

Los Cabos Bean & Cheese Burrito
(Cal/221)

OR

Gold Kist Crispy Chicken Bites
(Cal/200)

Golden Corn
Fresh Flavored Carrots
Steamed Broccoli w/Cheese

Go Texan Gingerbread
Chilled Peach Cup OR
Sour Apple Applesauce Cup
Ketchup, BBQ Sauce, Salsa, Jalapeños,
RF Ranch Dressing

Monday, February 25

Breakfast

Honey Glazed Donut (Cal/287)

Lunch

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

OR

Gold Kist Chicken Smackers (Cal/269)

Crispy Tater Tots
Seasoned Green Beans
Charro Beans

Chilled Peach Cup OR
Mandarin Oranges

Ketchup, BBQ Sauce, Salsa, Jalapeños

Tuesday, February 26

Breakfast

Mini Pancakes w/Cheesy Eggs (Cal/236)

OR Chicken Kolache (Cal/180)

Lunch

Oven Fried Chicken w/Jalapeño
Wheat Roll (Cal/423)

OR

Flame Grilled Hamburger (Cal/242)
Home Style Mashed Potatoes

w/Country Gravy
Burger Salad
Charro Beans

Fresh Fruit OR
Chilled Strawberry Cup
Ketchup, Mayo, Mustard, BBQ Sauce,
RF Ranch Dressing

Wednesday, February 27

Breakfast

Pancake Wrapped Sausage on a Stick (Cal/210)

Lunch

Pepperoni Pizza (Cal/290)

OR

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

Seasoned Potato Wedges
Mixed Vegetables
Charro Beans

Fruit Cobbler w/Topping OR
Chilled Pear Cup

Ketchup, BBQ Sauce

Thursday, February 28

Breakfast

Donut Holes w/Honey Glaze (Cal/306)

Lunch

Gold Kist Chicken Rings (Cal/214)

OR

Beef Nachos w/Cheese (Cal/242)

Seasoned Oven Fries
Steamed Broccoli w/Cheese
Charro Beans

Fresh Sliced Apples OR
Diced Pear Jello

Ketchup, BBQ Sauce, Salsa, Jalapeños

Friday, March 1

Breakfast

Sausage Breakfast Pizza (Cal/210)

Lunch

2 Pork Carnita Enchiladas
w/Mozzarella Cheese (Cal/409)

OR

Gold Kist Crispy Chicken Bites
(Cal/200)

Golden Corn
Sweet Carrot Coins
Charro Beans

Chilled Peach Cup OR
Sour Apple Applesauce Cup

Ketchup, BBQ Sauce, Salsa, Jalapeños

Q: Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

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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