



# DECEMBER

2020



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th

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Meal 2  
Jalapeno Cheese w/ Meat Stick  
Goldfish  
Applesauce  
Juice  
Milk

1.

Meal 3  
Cheddar Cheese  
Marinara Sauce  
Pizza Crackers  
Sunflower Kernels  
Juice  
Milk

2.

Meal 4  
Gouda Cheese w/ meat stick  
Pineapples  
Cheez-its  
Sunflower Kernels  
Juice  
Milk

3.

Meal 5  
Chicken Salad  
Ritz Crackers  
Applesauce  
Educational Cookies  
Juice  
Milk

4.

Meal 1  
Wow Butter w/ Jelly  
Graham Crackers  
Pineapples  
Cheez-its  
Juice  
Milk

7.

Meal 2  
Jalapeno Cheese w/ Meat Stick  
Goldfish  
Applesauce  
Juice  
Milk

8.

Meal 3  
Cheddar Cheese  
Marinara Sauce  
Pizza Crackers  
Sunflower Kernels  
Juice  
Milk

9.

Meal 4  
Gouda Cheese w/ meat stick  
Pineapples  
Cheez-its  
Sunflower Kernels  
Juice  
Milk

10.

Meal 5  
Chicken Salad  
Ritz Crackers  
Applesauce  
Educational Cookies  
Juice  
Milk

11.

Meal 1  
Wow Butter w/ Jelly  
Graham Crackers  
Pineapples  
Cheez-its  
Juice  
Milk

14.

Meal 2  
Jalapeno Cheese w/ Meat Stick  
Goldfish  
Applesauce  
Juice  
Milk

15.

Meal 3  
Cheddar Cheese  
Marinara Sauce  
Pizza Crackers  
Sunflower Kernels  
Juice  
Milk

16.

Meal 4  
Gouda Cheese w/ meat stick  
Pineapples  
Cheez-its  
Sunflower Kernels  
Juice  
Milk

17.

Meal 5  
Chicken Salad  
Ritz Crackers  
Applesauce  
Educational Cookies  
Juice  
Milk

18.

Meal 1  
Wow Butter w/ Jelly  
Graham Crackers  
Pineapples  
Cheez-its  
Juice  
Milk

21.

Meal 2  
Jalapeno Cheese w/ Meat Stick  
Goldfish  
Applesauce  
Juice  
Milk

22.

No School

23.

No School

24.

No School

25.

No School

28.

No School

29.

No School

30.

No School

31.

Special Announcements:



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



TEXAS DEPARTMENT OF AGRICULTURE  
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# GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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