



FEBRUARY

2020

GOOD
EATS AT

Secondary
Lunch

SPECIAL
ANNOUNCEMENTS

*A Salad Entree is available as a meal option each day.

*A salad bar is available to choose as a vegetable option.

*A choice of a variety of milk and a water is offered with each meal



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

It's
**LORENA
LIGHTNING**

M

Country Fried
Steak, Maverick
Meatloaf, or
Cheese Burgers
Mashed Potato &
Gravy, Fried Okra
Roll, Rosy
applesauce 3

Steak Fingers
with a Roll, Hot
Dogs with Chili,
Cheese Burgers,
Oven Fries
Strawberries &
Bananas 10

**Holiday
No School**

17

Texas Basket
Hamburger/
Cheese Burger
Or Monte Cristo
Sandwich
Oven Fries
Strawberries 24

T

Meat & Cheese
Chalupas,
Enchiladas, or
Pizza, Spanish
Rice & Refried
Beans Fresh Salsa
Strawberries 4

Domino's Pizza
Spaghetti Bowl
Ravioli Dippers &
Marinara Sauce,
California blend
Vegetables,
Fruit Cup 11

**Staff
Development
No School**

18

Domino's Pizza
Tex-Mex Stack
Chicken Fajitas
Refried Beans and
Salsa Hot
Cinnamon Apples
Sherbet Cup 25

W

Chicken Tenders
& Biscuit, Frito Pie
Or Cheese
Burgers
Broccoli & Cheese
Mixed Fruit
Cookie 5

Chicken Wing
Basket & Toast
Texas Chili &
Cornbread
Nacho Grande
Fried Okra
Peaches
Pudding Cup 12

Chicken Sandwich
with Oven Fries
Asian Bowl with
Egg Roll and Rice
Or Frito Pie
Mandarin oranges 9

Chicken Alfredo
Or Cheesy
Breadstick with
Marinara Sauce
Or Nacho Grande
Tuscan Vegetable
Peaches & Cookie 26

TH

King Ranch
Casserole
Individual Pizza,
Chicken Burgers
Seasoned Carrots
Fresh Apple Slices 6

Mexican Combo
Plate, Chicken
Quesadilla or
Chicken Burgers
Spanish Rice,
Corn & Refried
Beans Fresh Salsa
Diced Peas 13

Individual Pizza
Or Hamburger
Steak, Roasted
Potatoes & biscuit
Or Chicken Burger
Broccoli Salad
Fruity Gelatin 20

Ranchero wrap.
Chicken spaghetti
with Breadstick,
Cheese Burger,
Corn,
Snowball Salad 27

F

Cat Fish with Mac
N Cheese, BBQ on
a Bun, & Chips,
Fish Burger
Coleslaw
Baked Beans
Orange Smiles,
Rice Cereal Treat 7

Popcorn Chicken
Sloppy Joe,
Fish Burger
Baked Beans,
Potatoes, Fresh
Seasonal Fruit,
Cookie 14

Fiesta Bowl
X-TremeBurrito
Fresh Salsa
Or Fish Burger
Seasoned Corn
Salsa, Fresh Fruit 21

Maverick Chicken
Bowl
Or Tater Tot
Casserole,
Fish Burger
Corn, Green Beans
Apple Slices 28

**GET
READY**

SCHOOL BREAKFAST WEEK

MARCH 2-6

SquareMeals.org/SBW



Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.

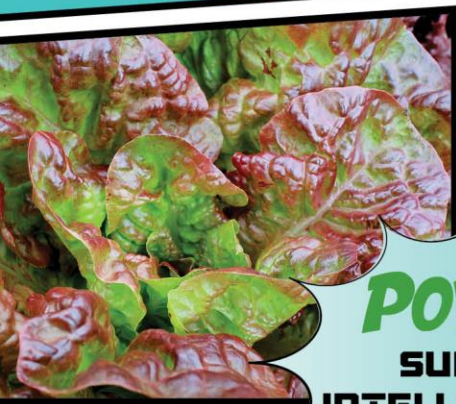


WHAT TO KNOW

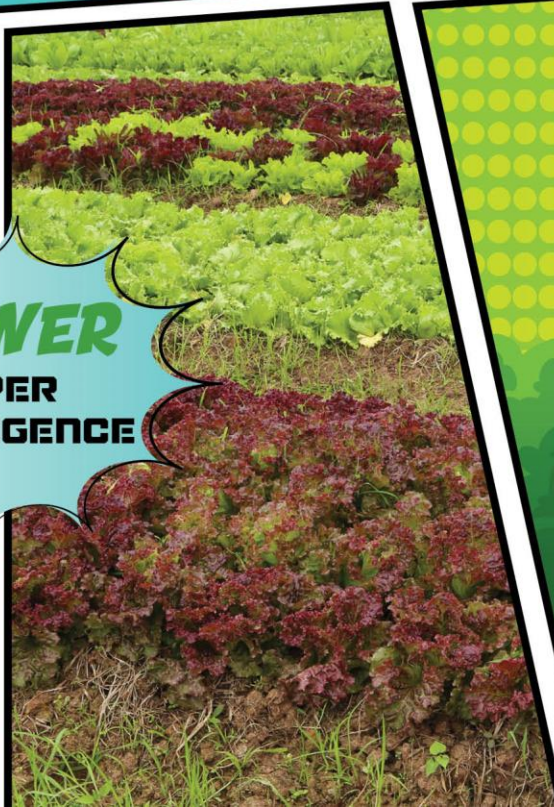
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER
SUPER
INTELLIGENCE**



JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES

