

# SEPTEMBER

## Pawnee ISD K-8 Menu

2020



	m	t	w	th	f
	Cereal PBJ Gold Fish Pinto Beans Corn Fruit Milk 1.	Cereal Mini Corn Dogs Sun chips Veggie Beans Carrots Fruit Milk 2.	Cereal Yogurt/Cheese Stick Gold Fish Carrots Broccoli Fruit Milk 3.	Cereal Pizza Gold Fish Carrot sticks Celery sticks Fresh Fruit Milk 4.	
<b>Holiday</b> 7.	Cereal/Yogurt Parfait PBJ or Beef and Bean Burritos Pinto Beans Corn Fresh Fruit Milk 8.	Cereal/Cheese Omelet Chicken Nuggets or Sloppy Joes Tater Tots Baked Beans Fresh Fruit Milk 9.	Cereal/Yogurt Parfait Yogurt or Ravioli with meat sauce Garlic Bread Corn Carrots Fresh Fruit Milk 10.	Cereal/Breakfast Burrito Pizza Gold Fish Carrot sticks Celery sticks Fresh Fruit Milk 11.	
Cereal/Pancakes Ham and Cheese Sandwich or Chicken & Rice Carrots Green Beans Fresh Fruit Milk 14.	Cereal/Yogurt Parfait PBJ or Chili Corn Bread Muffin Pinto Beans Corn Fresh Fruit Milk 15.	Cereal/Waffles Steak Fingers or Chicken Burger Baked Beans Burger Salad Fresh Fruit Milk 16.	Cereal/Yogurt Parfait Yogurt or Spaghetti with meat sauce Garlic Bread Corn Carrots Fresh Fruit Milk 17.	Cereal/French Toast Sticks Pizza Gold Fish Carrot sticks Celery sticks Fresh Fruit Milk 18.	
Cereal/Breakfast Pizza Tortilla Roll up or Mac and Cheese Carrots Green Beans Fresh Fruit Milk 21.	Cereal/Yogurt Parfait PBJ or Beef Fajitas Tortilla Tomato/Lettuce Salad Corn Fresh Fruit Milk 22.	Cereal/Pancake on a Stick Steak Burger Patty or Chicken Strips Baked Beans French Fries Fresh Fruit Milk 23.	Cereal/Yogurt Parfait Yogurt or Meatball Madness Dinner Roll Mashed Potatoes Carrots Fruit Milk 24.	Cereal/Cinnamon Roll Pizza Gold Fish Carrot sticks Celery sticks Fresh Fruit Milk 25.	
Cereal/Blue Berry Muffin Turkey & Cheese Lunch Pack or Beefy Mac Sun chips Carrots Green Beans Fresh Fruit Milk 28.	Cereal/Yogurt Parfait PBJ or Chicken Fajitas Corn Tortilla/Gold Fish Pinto Beans Corn Fruit Milk 29.	Cereal/Chocolate Muffin Mini Corn Dogs or Hamburgers Sun chips Veggie Beans Burger Salad Fruit Milk 30.	<div data-bbox="1281 1161 2047 1372" data-label="Text"> <p><b>Special Announcements:</b> Welcome Back!!! Menu is subject to change.</p> </div>		



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

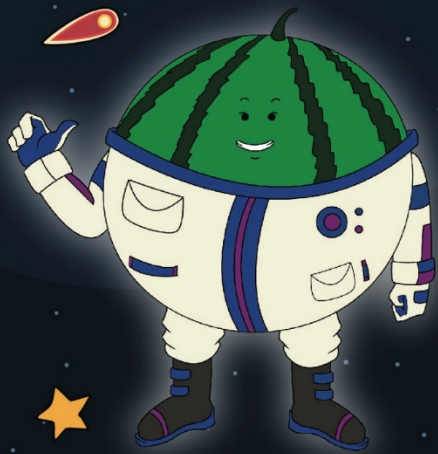
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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



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# MARTIAN MELONS

Mars is the fourth planet from the sun and it gets its name from a mythological figure - the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

## COLOR BY NUMBERS

### DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water – about 92% – and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.



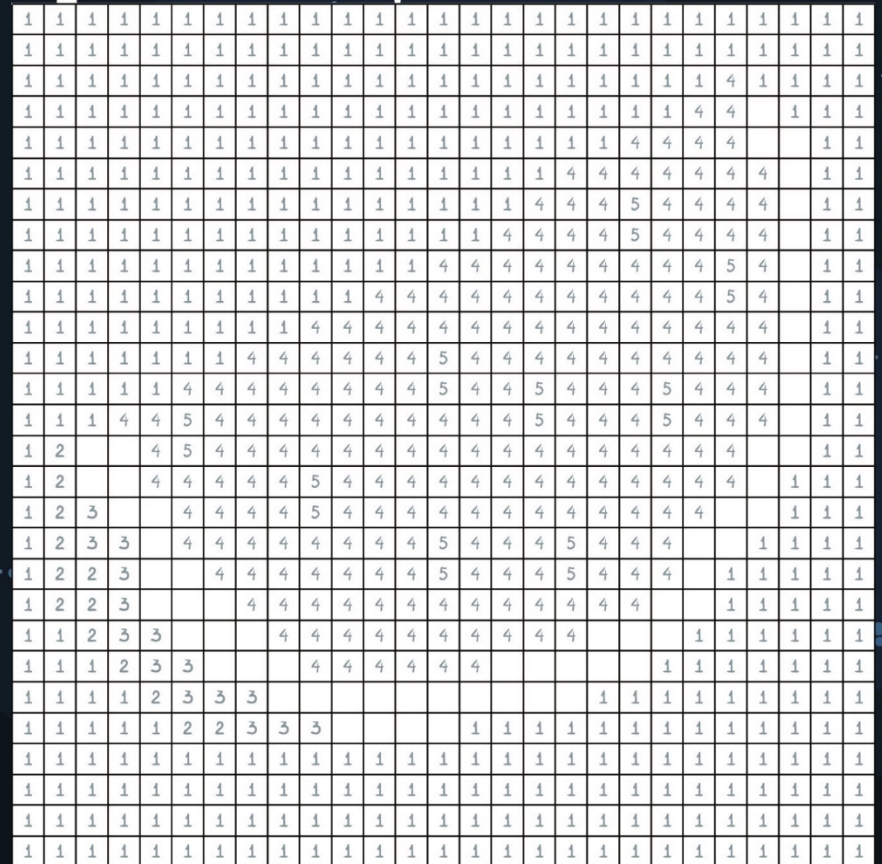
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# SEPTEMBER

2020

## Pawnee ISD Pre K Menu



m

Cereal  
PBJ  
Gold Fish  
Pinto Beans  
Corn  
Fruit  
Milk 1.

t

Cereal  
Mini Corn Dogs  
Sun chips  
Veggie Beans  
Carrots  
Fruit  
Milk 2.

w

Cereal  
Yogurt/Cheese Stick  
Gold Fish  
Carrots  
Broccoli  
Fruit  
Milk 3.

th

Cereal  
Pizza  
Gold Fish  
Carrot sticks  
Celery sticks  
Fresh Fruit  
Milk 4.

f

**Holiday**  
7.

Kix Cereal  
Mini Beef and Bean Burritos  
Corn  
Fresh Fruit  
Milk 8.

Cheese Omelet  
Sloppy Joes  
Tatar Tots  
Fresh Fruit  
Milk 9.

Corn Flake Cereal  
Ravioli with meat sauce  
Carrots  
Fresh Fruit  
Milk 10.

Breakfast Burrito  
Pizza  
Celery sticks  
Fresh Fruit  
Milk 11.

Pancakes  
Chicken & Rice  
Green Beans  
Fresh Fruit  
Milk 14.

Rice Krispies Cereal  
Chili  
Corn Bread Muffin  
Pinto Beans  
Fresh Fruit  
Milk 15.

Waffles  
Chicken Burger  
Baked Beans  
Fresh Fruit  
Milk 16.

Honey Nut Cheerios Cereal  
Spaghetti with meat sauce  
Corn  
Fresh Fruit  
Milk 17.

French Toast Sticks  
Pizza  
Carrot sticks  
Fresh Fruit  
Milk 18.

Breakfast Pizza  
Mac and Cheese  
Green Beans  
Fresh Fruit  
Milk 21.

Kix Cereal  
Beef Fajitas  
Tortilla  
Corn  
Fresh Fruit  
Milk 22.

Pancake on a Stick  
Steak Burger Patty  
French Fries  
Fresh Fruit  
Milk 23.

Corn Flake Cereal  
Meatball Madness  
Dinner Roll  
Mashed Potatoes  
Fruit  
Milk 24.

Cereal  
Pizza  
Celery sticks  
Fresh Fruit  
Milk 25.

Blue Berry Muffin  
Beefy Mac  
Green Beans  
Fresh Fruit  
Milk 28.

Rice Krispies Cereal  
Chicken Fajitas  
Corn Tortilla  
Pinto Beans  
Fruit  
Milk 29.

Chocolate Muffin  
Hamburgers  
Veggie Beans  
Fruit  
Milk 30.

**Special Announcements:**  
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