



# FEBRUARY 2020

**GOOD EATS AT**

## Breakfast

*Menu Items are subject to change based on costs and availability*

## SPECIAL ANNOUNCEMENTS

Students with Food Allergies **MUST** have doctors documentation provided to nurse and kitchen staff

- > Dairy
- < Egg
- \* Gluten
- + Mushroom
- ~ Corn
- ^ Pineapple

Questions? Contact  
kimberlywilson@austin.utexas.edu



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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It's **LORENA LIGHTNING**

**YOU ART WHAT YOU EAT**  
ART CONTEST

Art Contest  
**ENTER TODAY**  
SquareMeals.org/  
ArtContest



M	T	W	TH	F
Cinnamon Dippers<>* Chocolate Dip or Cinnabutter Dip Apple Milk 3	Egg and Potato breakfast taco<*> Mixed Fruit Milk 4	Chicken Biscuit>* Pear Milk 5	Banana Pancake<>* Turkey Bacon Orange Milk Syrup 6	French Toast Bake <>* Banana Dried Fruit Milk 7
Breakfast Pizza<>* Apple Milk 10	Peaches and Cream Oatmeal< Banana Dried Fruit Milk 11	Biscuit>* with Scrambled Eggs Pear Milk 12	Pancake<>* Turkey Bacon Orange Milk Syrup 13	No School 😊 14
No School 😊 17	Cinna'square Apple Milk 18	Biscuit and turkey Sausage Gravy Pear Milk 19	Strawberry Pancake<>* Turkey Bacon Orange Milk Syrup 20	Eggs and Cheese Breakfast Taco<>* Mixed Fruit Milk 21
Banana Bread Square<>* Apple Milk 24	Fruit and Yogurt Parfait> with Granola Banana Milk 25	Turkey Sausage Biscuit>* Pear Milk 26	Pancake<>* Turkey Bacon Orange Milk Syrup 27	Egg patty< and cheese> breakfast sandwich* Mixed Fruit Milk 28

**GET READY**

## SCHOOL BREAKFAST WEEK

**MARCH 2-6**  
SquareMeals.org/SBW





# FEBRUARY 2020

**GOOD EATS AT**

## Lunch

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M	T	W	TH	F
Turkey Rice Sweet Potato Bites Pear Milk 3	Korean Beef Taco* Crunchy Slaw Steamed Corn Orange Milk 4	Cajun Chicken Patty Sandwich* Lettuce Leaf Sliced Tomatoes BBQ Beans Pear Milk 5	Beefy Marinara over Pasta* Green Beans with Mushrooms+ Banana Milk 6	Cuban Pork Flatbread*<> Shredded Lettuce with Pico De Gallo Caesar Salad> Mixed Fruit Milk 7
Chicken Sausage Jambalaya Steamed Corn Apple Milk 10	Chicken Enchilada Taco*> Shredded Lettuce with Pico De Gallo Charro Beans Pear Milk 11	Beef and Broccoli Stir Fry Chow Mein* Steamed Carrots Orange 12	Chicken Biscuit*> Broccoli Florets Strawberries Milk 13	No School ☺ 14
No School ☺ 17	Grilled Cheese Sandwich*> Tomato Basil Soup Mixed Veggies~ Apple Milk 18	Chicken with Potatoes Hash Rice Pear Milk 19	Meatball Sub* Broccoli with Cauliflower Banana Milk 20	Mexican Pizza*<> Caesar Salad Mixed Fruit Milk 21
Chili Pie Cornbread<>* Sweet Potatoes Pear Milk 24	Chili Lime Fish Nugget Tacos* Pineapple Mango Slaw BBQ Beans Orange Milk 25	Beef Sloppy Joe* Broccoli Florets Milk 26	Orange Chicken Rice Asian Salad Corn Apple Milk 27	Cheese Pizza>* Garden Salad with Ranch Dressing> Mixed Fruit Milk 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.

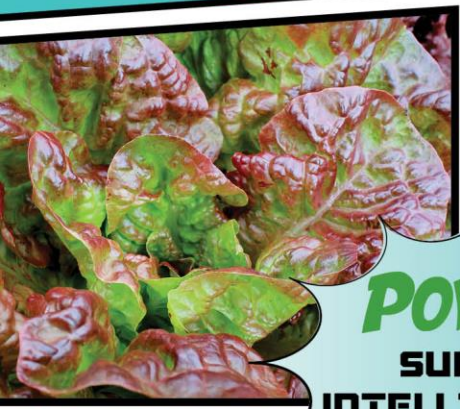


### WHAT TO KNOW

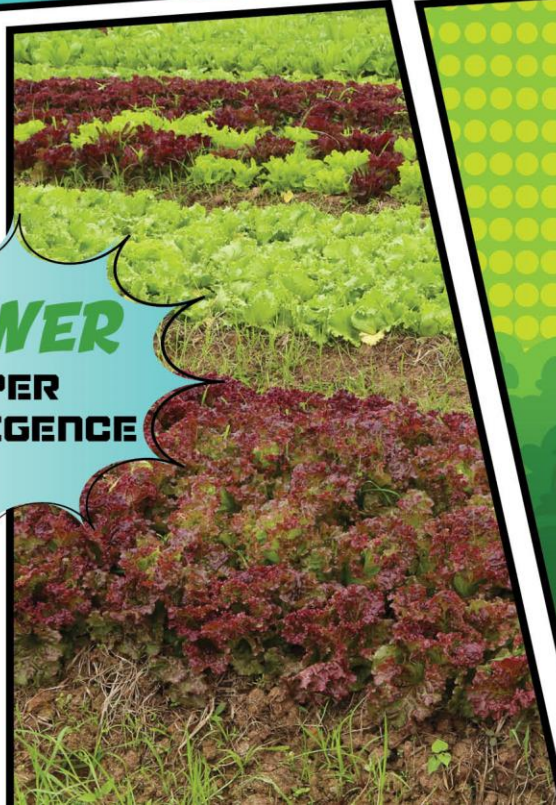
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

### 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

