

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jan

FEED YOUR CREATIVITY



Announcements:

BREAKFAST- K-1st Grade
7:00 AM - 7:50 AM
PK - 7:50 AM - 8:10 AM

Breakfast: fat-free or 1% white milk and fresh fruits

Lunch: fat-free chocolate milk or 1% white milk, fresh fruits, and fresh vegetables (no chocolate milk is served to PK)

Add funds online:
schoolcafe.com/betaacademy



Updated 1/1/2021
www.SquareMeals.org

<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks</p> <p>Hot Lunch: Pretzel Nacho Calzoni (V)</p>	<p>5</p> <p>Cold Breakfast: Lemon Muffin</p> <p>Hot Lunch: Chicken Enchiladas Rojas with Seasoned Rice</p>	<p>6</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese</p> <p>Hot Lunch: <i>K-1st</i> - All Beef Hot Dog on a Whole Grain Bun <i>PK</i> - Bean and Cheese Pupusa (V)</p>	<p>7</p> <p>Hot Breakfast: Whole Grain Waffle</p> <p>Hot Lunch: Crispy Chicken Sandwich on a Whole Grain Bun</p>
<p>10</p> <p>Cold Breakfast: Autumn Spiced Muffin</p> <p>Hot Lunch: Flamed-Broiled Beef Cheeseburger on a Whole Grain Bun</p>	<p>11</p> <p>Hot Breakfast: Classic Cheese Omelet with French Toast Stick</p> <p>Hot Lunch: Pepperoni Pizza (Turkey/Beef)</p>	<p>12</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese</p> <p>Hot Lunch: Spaghetti with Marinara Sauce and String Cheese (V)</p>	<p>13</p> <p>Cold Breakfast: Lemon Muffin</p> <p>Hot Lunch: BBQ Chicken with Cheesy Rice</p>	<p>14</p> <p>Hot Breakfast: Buttermilk Pancakes</p> <p>Hot Lunch: Chicken Bites with Waffle</p>
<p>17</p> <p>MLK DAY - NO SCHOOL</p>	<p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p>Cold Breakfast: Whole Grain Cheerios Cereal with String Cheese</p> <p>Hot Lunch: <i>K-1st</i> - Pepperoni Pizza (Turkey/Beef) <i>PK</i>- Cheese Pizza (V)</p>	<p>20</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks</p> <p>Hot Lunch: <i>K-1st</i> - Corn Dog Bites (Chicken) <i>PK</i> - Oven Roasted Chicken Sandwich</p>	<p>21</p> <p>Hot Breakfast: French Toast Sticks</p> <p>Hot Lunch: Hearty Veggie Chili with Seasoned Rice and Cornbread (V)</p>
<p>24</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks</p> <p>Cold Lunch: <i>K-1st</i> - Sunbutter and Jelly Sandwich Kit <i>PK</i> - Cheddar Cheese Sub Sandwich(V)</p>	<p>25</p> <p>Hot Breakfast: <i>K- 1st</i>- Classic Cheese Omelet with Mini Cornbread <i>PK</i> - Cinnamon Crumble</p> <p>Hot Lunch: Spaghetti with Marinara Sauce and String Cheese (V)</p>	<p>26</p> <p>Hot Breakfast: Whole Grain Waffle</p> <p>Hot Lunch: Chicken Bites with Savory Pizza Crackers</p>	<p>27</p> <p>Cold Breakfast: Whole Grain Cheerios Cereal with Educational Snack</p> <p>Hot Lunch: Cheese Pizza (V)</p>	<p>28</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese</p> <p>Hot Lunch: <i>K-1st</i> - All Beef Hot Dog <i>PK</i> - Mighty Meaty Deli Sandwich with Mozzarella Cheese</p>
<p>31</p> <p>Col Breakfast: Fruit Flavored Yogurt with Educational Snacks</p> <p>Hot Lunch: Pretzel Nacho Calzoni (V)</p>				



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs