



# JANUARY

2021

Beta Academy PreK-1st



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### Special Announcements:

Please click link: [www.schoolcafe.com/betaacademy](http://www.schoolcafe.com/betaacademy) To apply for free and reduced priced meal benefits, set up a meal account for your scholar, apply funds to meal account, set low balance alerts, and purchase restrictions.

**NO SCHOOL - HAPPY NEW YEAR!**

1.

**NO SCHOOL - LAST DAY OF WINTER BREAK**

4.

**Breakfast:** WG Cheerios Cereal w/ Cinnamon Grahams

**Lunch:** Crispy Chicken Sandwich 5.

**Breakfast:** Blueberry Burst Muffin

**Lunch:** Cheese Pizza (V) 6.

**Breakfast:** Multigrain Cheerios Cereal w/ Sweet Crackers

**Lunch:** Flame-Broiled Beef Burger 7.

**Breakfast:** French Toast Muffin

**Lunch:** Baked Mac & Cheese w/ Chicken Nuggets 8.

**Breakfast:** Fruit Flavored Yogurt w/ Granola

**Lunch:** Sunbutter & Jelly Sandwich w/ String Cheese (V) 11.

**Breakfast:** WG Cinnamon Chex Cereal w/ Sweet Crackers

**Lunch:** PreK - Chicken Nuggets K-1st - Chicken Corn Dogs 12.

**Breakfast:** Blueberry Burst Muffin

**Lunch:** PreK - Spaghetti w/ Marinara Sauce (V) K-1st - Cheesy Ravioli (V) 13.

**Breakfast:** WG Corn Chex w/ Sweet Crackers

**Lunch:** Chicken Bites w/ Waffle 14.

**Breakfast:** Multigrain Cheerios Cereal w/ Goldfish Graham

**Lunch:** Bean & Cheese Pupusa 15.

**NO SCHOOL - MLK JR. DAY**

18.

**Breakfast:** WG Cheerios Cereal w/ Sweet Crackers

**Lunch:** Chicken Enchiladas 19.

**Breakfast:** Fruit Flavored Yogurt w/ Granola

**Lunch:** Pepperoni Pizza (Turkey & Beef) 20.

**Breakfast:** Lemon Muffin

**Lunch:** Flame-Broiled Beef Cheeseburger 21.

**Breakfast:** WG Cinnamon Chex Cereal w/ Sweet Crackers

**Lunch:** PreK - Pizza Panada Pie (V) K-1st - All Beef Hot Dog 22.

**NO SCHOOL**

25.

**Breakfast:** French Toast Muffin

**Lunch:** Turkey & Cheddar Sandwich 26.

**Breakfast:** Fruit Flavored Yogurt w/ Sweet Crackers

**Lunch:** Cheese Pizza (V) 27.

**Breakfast:** Cinnamon Grahams w/ String Cheese

**Lunch:** Baked Mac & Cheese w/ Chicken Nuggets 28.

**Breakfast:** WG Cheerios Cereal w/ Sweet Crackers

**Lunch:** BBQ Chicken w/ Cheesy Rice 29.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Updated 01/2020  
[www.SquareMeals.org](http://www.SquareMeals.org)

# TEXAS STAR CITRUS

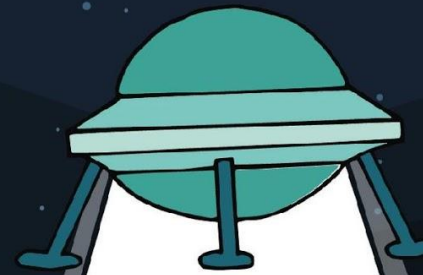
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.



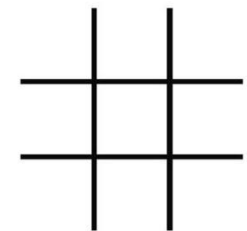
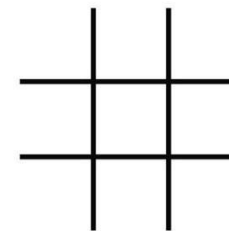
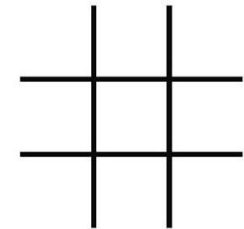
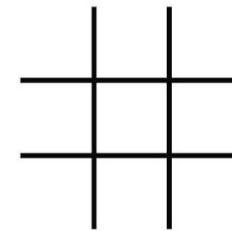
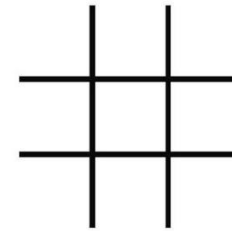
## DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.



TIC-TAC-TOE



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