



# FEBRUARY

2021

## Wharton ISD Breakfast



Special Announcements:

Start your day with a healthy breakfast!



**m**

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

1.

**t**

CINNAMON TOAST  
SAUSAGE  
FRUIT  
JUICE  
MILK

2.

**w**

SAUSAGE ROLLS  
FRUIT  
JUICE  
MILK

3.

**th**

PANCAKES  
BACON  
FRUIT  
JUICE  
MILK

4.

**f**

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

5.

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

8.

WAFFLE  
SAUSAGE  
FRUIT  
JUICE  
MILK

9.

CHEESE TOAST  
FRUIT  
JUICE  
MILK

10.

EGGS & BACON  
TOAST  
FRUIT  
JUICE  
MILK

11.

**No School  
Teacher In-Service**

12.

**No School  
Teacher In-Service**

15.

BREAKFAST BAR  
TOAST  
FRUIT  
JUICE  
MILK

16.

CINNAMON TOAST  
EGG PATTY  
FRUIT  
JUICE  
MILK

17.

PANCAKES  
BACON  
FRUIT  
JUICE  
MILK

18.

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

19.

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

22.

CHEESE & HAM TOAST  
FRUIT  
JUICE  
MILK

23.

SAUSAGE ROLLS  
FRUIT  
JUICE  
MILK

24.

YOGURT  
TOAST  
FRUIT  
JUICE  
MILK

25.

CEREAL  
TOAST  
FRUIT  
JUICE  
MILK

26.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.

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



Updated 01/2020  
www.SquareMeals.org



# BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



## DID YOU KNOW?

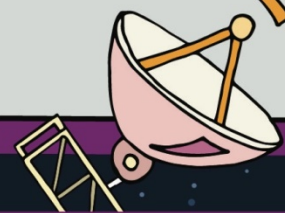
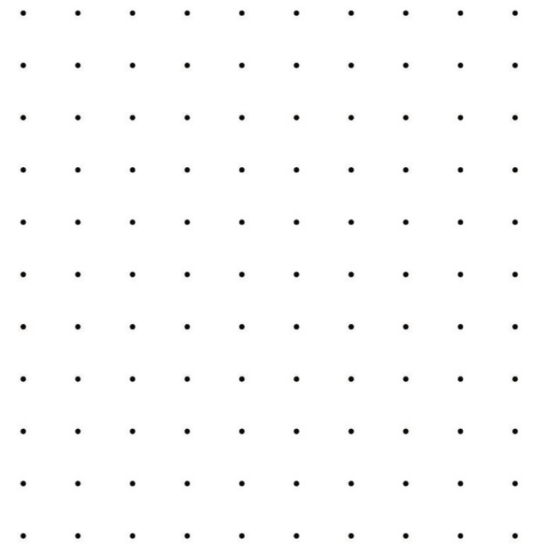
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



## DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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