



# FEBRUARY

2021

SIVELLS

ENJOY THE FFVP DAILY SNACK!



Special Announcements:

**HAPPY VALENTINE'S DAY!**

GROUND BEEF CRISPY TACOS  
SALAD  
PINTO BEANS  
FRUIT  
MILK

1.

TOASTED TURKEY/HAM SANDWICH  
HOMEMADE VEGETABLE SOUP  
BROCCOLI/CHEESE  
FRUIT  
MILK

2.

BURRITO  
CARROTS  
SALAD  
FRUIT  
MILK

3.

HAMBURGER (CHEESE)  
FRIES  
BURGER SALAD  
FRUIT  
MILK

4.

CHILI  
CORNBREAD  
SALAD  
CORN  
FRUIT  
MILK

5.

CHICKEN NUGGETS  
ROLL  
CARROTS  
MASH POTATOES/GRAVY  
FRUIT  
MILK

8.

HOTDOGS  
FRIES  
BAKED BEANS  
FRUIT  
MILK

9.

CHICKEN SPAGHETTI  
SALAD  
GREEN BEANS  
GARLIC BREAD  
FRUIT  
MILK

10.

PIZZA  
BROCCOLI WITH RANCH  
CORN  
VALENTINE FRUIT ICEE  
MILK

11.

**No School  
Teacher In-Service**

12.

**No School  
Teacher In-Service**

15.

MINI CORNDOGS  
BEANS  
CARROT STICKS W/RANCH  
FRUIT  
MILK

16.

BAKED CHICKEN  
MACARONI & CHEESE  
CORN  
GREEN BEANS  
FRUIT  
MILK

17.

HAMBURGER  
FRIES  
BURGER SALAD  
FRUIT  
MILK

18.

GRILLED CHEESE  
TOMATO SOUP  
SALAD  
FRUIT  
MILK

19.

CRISPY CHICKEN TACOS/SALSA  
RICE  
SALAD  
CHARRO BEANS  
FRUIT  
MILK

22.

SUB SANDWICH  
BAKED CHIPS  
CARROT STICKS  
SALAD  
FRUIT  
MILK

23.

BEEF NACHOS  
REFRIED BEANS  
SALAD  
FRUIT  
MILK

24.

PIZZA OR  
BROCCOLI WITH RANCH  
CORN  
FRUIT  
MILK

25.

FISH STICKS/ROLL  
FRIES  
COLESLAW  
FRUIT  
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  
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# 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?

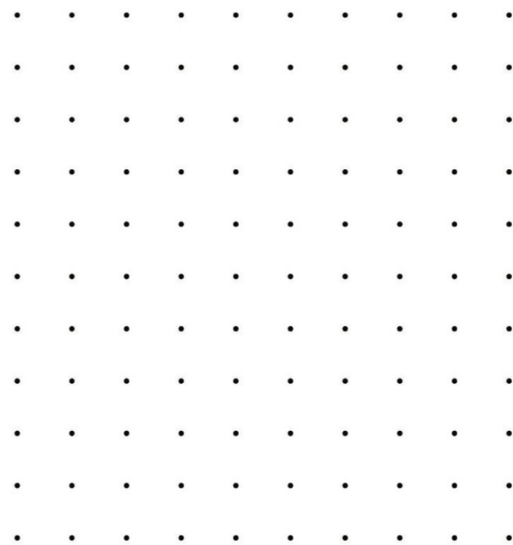
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is 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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