



FEBRUARY

2021

W.E.S., WJHS, & WHS



Special Announcements:

HAPPY VALENTINE'S DAY!

GROUND BEEF TACOS OR CHEESE NACHOS
SALAD
PINTO BEANS
FRUIT
MILK

1.

m

TOASTED TURKEY/HAM SANDWICH OR BEAN TOSTADAS/SALSA
HOMEMADE VEGETABLE SOUP
BROCCOLI/CHEESE
FRUIT
MILK

2.

t

BURRITO or SLOPPY JOE
CARROTS
SALAD
FRUIT
MILK

3.

w

HAMBURGER (CHEESE) OR POPCORN CHICKEN
FRIES
BURGER SALAD
FRUIT
MILK

4.

th

CHILI OR FAJITA TACO/SALSA
CORNBREAD
SALAD
CORN
FRUIT
MILK

5.

f

CHICKEN NUGGETS OR SUB SANDWICH
ROLL
CARROTS
MASH POTATOES/GRAVY
FRUIT
MILK

8.

HOTDOGS OR FISH STICKS W/ROLL
FRIES
BAKED BEANS
FRUIT
MILK

9.

CHICKEN SPAGHETTI OR CHICKEN TENDERS
SALAD
GREEN BEANS
GARLIC BREAD
FRUIT
MILK

10.

PIZZA OR STEAKFINGERS/ROLL
BROCCOLI WITH RANCH
CORN
VALENTINE FRUIT ICEE
MILK

11.

**No School
Teacher In-Service**

12.

**No School
Teacher In-Service**

15.

MINI CORNDOGS OR BBQ BAKED POTATO
BEANS
CARROT STICKS W/RANCH
FRUIT
MILK

16.

BAKED CHICKEN OR CATFISH
ROLL(WHS)
MACARONI & CHEESE
CORN
GREEN BEANS
FRUIT
MILK

17.

HAMBURGER OR TACOS
FRIES
BURGER SALAD
FRUIT
MILK

18.

GRILLED CHEESE OR NACHOS
TOMATO SOUP
SALAD
FRUIT
MILK

19.

CRISPY CHICKEN TACOS/SALSA OR CORNDOGS
RICE
SALAD
CHARRO BEANS
FRUIT
MILK

22.

SUB SANDWICH OR BBQ SANDWICH
BAKED CHIPS
CARROT STICKS
SALAD
FRUIT
MILK

23.

BEEF NACHOS OR HAMBURGER
REFRIED BEANS
SALAD
FRUIT
MILK

24.

PIZZA OR POPCORN CHICKEN/ROLL
BROCCOLI WITH RANCH
CORN
FRUIT
MILK

25.

FISH STICKS/ROLL OR HOTDOG
FRIES
COLESLAW
FRUIT
MILK

26.



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
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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?

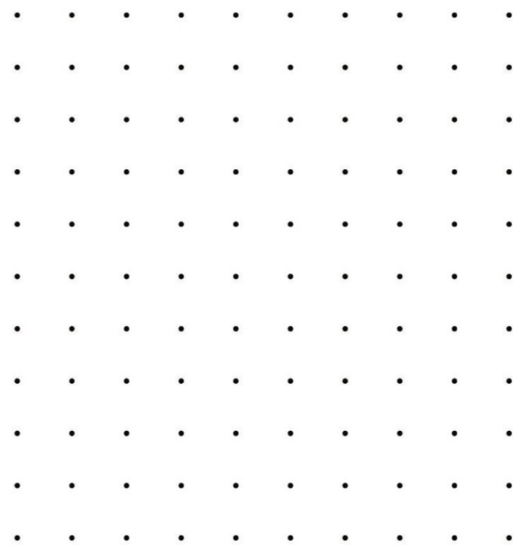
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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