



# FEBRUARY

2021

## Haskell CISD



Special Announcements:

**Fruit Bowl Offered Daily: HS only**

Taquito  
Queso/Beans/Corn  
Salsa/Fresh Seasonal Fruit  
Cookie/Milk Variety

1.

Chicken-n-Waffle  
Hash browns  
Veggie Cup  
Strawberries  
Milk Variety

2.

Chicken Nuggets  
Mac & Cheese  
Black-eyed Peas/Garden Salad  
Fruit/ Milk Variety  
Grapes/Milk Variety

3.

Pizza  
Tomato Cup  
Corn  
Fruity Gelatin /Milk Variety

4.

Cheeseburger  
Green Beans/Carrots/Cookie  
Cinnamon Applesauce  
Milk Variety

5.

Chili Cheese Dog  
Sweet Potatoes  
Seasoned Corn  
Grapes/Milk Variety

8.

Walking Taco  
Cucumbers/ Charro Beans  
Salsa / Oranges  
Milk Variety  
Lettuce/Tomato Garnish

9.

Chicken Nuggets  
Mashed Potatoes/Roll  
Broccoli/Fruit Cup  
Brownies/Milk Variety

10.

Chicken Parmesan  
Breadstick/Savory Green Beans  
Garden Salad /Cookie  
Pineapple/Milk Variety

11.

Cheeseburger  
Oven Fries/Carrots  
Snowball Salad  
Milk Variety

12.

## Holiday

15.

Country Fried Steak  
Mashed Potatoes w/Gravy  
Green Beans (K-5)/Okra( 6-12)  
Roll/Strawberries  
Milk Variety

16.

Chicken Tenders/Gravy/Biscuit  
Broccoli/Sweet Potato Fries  
Mixed Fruit/ Crispy Cereal  
Crispy Cereal Treat  
Milk Variety

17.

Pizza  
Baby Carrots w/Ranch  
Garden Salad  
Apple Slices/Milk Variety

18.

BBQ on a Bun  
Coleslaw (K-12)/Green Beans  
Orange Smiles/Cookie (K-12)  
Milk Variety

19.

Steak Fingers/Gravy  
Roll /Mashed Potatoes  
Tomato Cup  
Strawberries & Bananas  
Milk Variety

22.

Beefy Spaghetti  
California Blend Veggies  
Breadstick/Garden Salad  
Fruit Cup/Milk Variety

23.

Beef Stew  
Cornbread/Celery  
Sticks/Carrots  
Peaches Pudding  
Milk Variety

24.

Quesadilla  
Corn/ Pinto Beans/Salsa  
Seasonal Fruit  
Milk Variety

25.

Cheeseburger  
Oven Fries/Vegetable Medley  
Pears/Royal Brownies  
Milk Variety

26.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
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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?

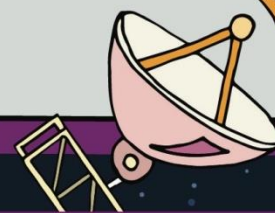
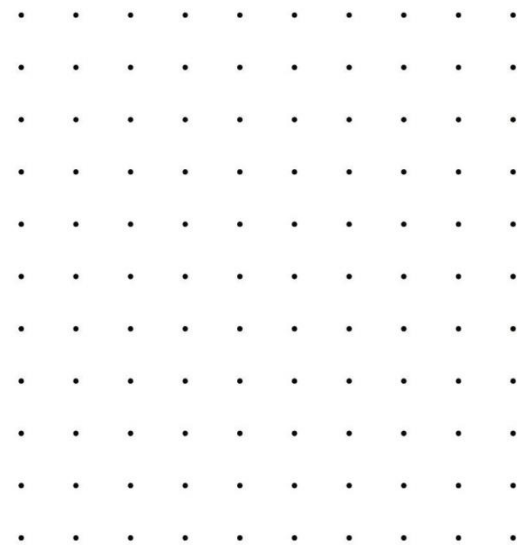
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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