



FEBRUARY

2021

Haskell CISD Pre-K Menu



Special Announcements:

Taquitos
Queso
Beans
Mandarin Orange
Milk

1.

Chicken-n-Waffle
Hash browns
Strawberries
Milk

2.

Chicken Nuggets
Mac & Cheese
Black-eyed Peas
Diced Peaches/Milk

3.

Pizza
Corn
Fruity Gelatin
Milk

4.

Cheeseburger
Cooked Carrots
Animal or Graham Crackers
Cinnamon Applesauce/Milk

5.

Chicken Tenders
Biscuit
Sweet Potatoes
Diced Grapes
Milk

8.

Soft Taco
Charro Beans
Mandarin Oranges
Milk

9.

Chicken Nuggets
Tuscan Vegetables
Diced Pears
Milk

10.

Chicken Parmesan
Savory Green Beans
Pineapple Tidbits
Milk

11.

Cheeseburger
Cooked Carrots
Snowball Salad
Milk

12.

Holiday

15.

Steak Fingers/Gravy
Mashed Potatoes
Roll/Strawberries

16.

Chicken Tenders/Gravy
Steamed Broccoli
Mixed Fruit
Milk

17.

Pizza
Cooked Carrots
Diced Peaches
Milk

18.

BBQ on a Bun
Green Beans
Mandarin Oranges
Milk

19.

Steak Fingers/Gravy
Mashed Potatoes
Strawberries & Bananas
Milk

22.

Beefy Spaghetti
Breadstick/Garden Salad
Fruit Cup
Milk

23.

Beef Stew
Cornbread
Diced Peaches
Milk

24.

Quesadilla
Corn
Diced Fresh Fruit
Animal Crackers
Milk

25.

Cheeseburger
Vegetable Medley
Diced Pears
Milk

26.



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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?

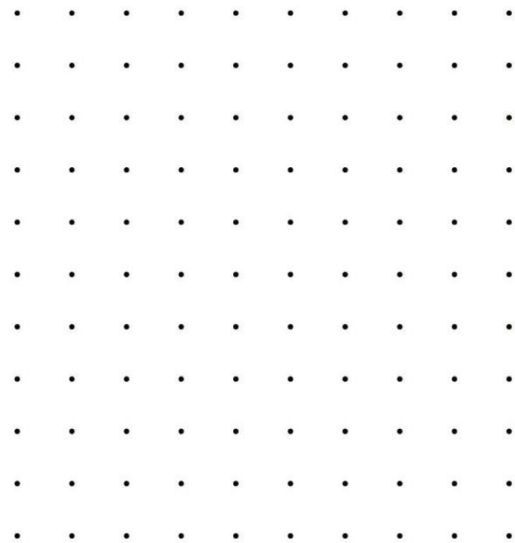
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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