



# JANUARY

2021

Dr.M.L. Garza-Gonzalez  
Charter School



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Special Announcements:

Happy  
New  
Year

1.

Peanut Butter & Jelly Box  
Carrots  
Fruit  
Choice of Milk

4.

Beef Tacos  
Salad  
Pear  
Choice of Milk

5.

Pizza  
Corn  
Peaches  
Choice of Milk

6.

Ham Sandwich  
Celery sticks  
Applesauce  
Choice of Milk

7.

Beef Burger  
Oven Fries  
Fruit  
Choice of Milk

8.

Corn Dog  
Cucumber  
Applesauce  
Choice of Milk

11.

Frito Pie  
Broccoli  
Pears  
Choice of Milk

12.

Pizza  
Corn  
Peaches  
Choice of Milk

13.

Chicken salad Sandwich  
Mix Veg.  
Fruit  
Choice of Milk

14.

Chicken Burger  
Carrots  
Fruit  
Choice of Milk

15.

No  
School

18.

Burritos  
Carrots  
Pineapple  
Choice of Milk

19.

Pizza  
Corn  
Peaches  
Choice of Milk

20.

Chicken Nuggets  
Breen Beans  
Applesauce  
Choice of Milk

21.

Beef Burger  
Oven Fries  
Fruit  
Choice of Milk

22.

Hot Dogs  
Beans  
Mix Fruit  
Choice of Milk

25.

Steak Fingers  
Green Beans  
Pears  
Choice of Milk

26.

Pizza  
Corn  
Peaches  
Choice of Milk

27.

Peanut Butter& Jelly Box  
Broccoli  
Fruit  
Choice of Milk

28.

Chicken Burger  
Carrots  
Fruit  
Choice of Milk

29.



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  
[www.SquareMeals.org](http://www.SquareMeals.org)

# TEXAS STAR CITRUS

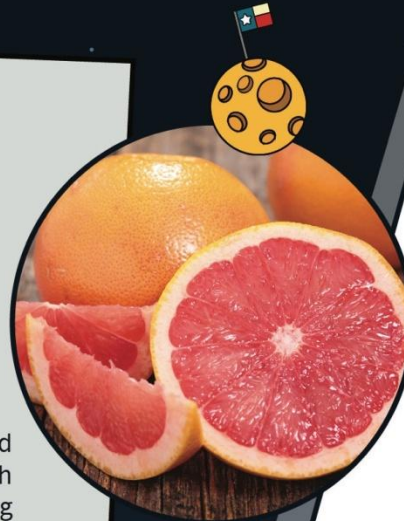


Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.

## DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.

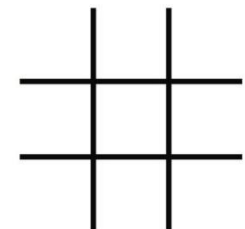
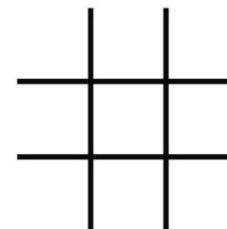
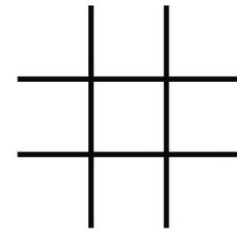
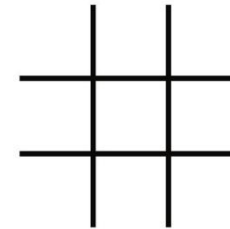
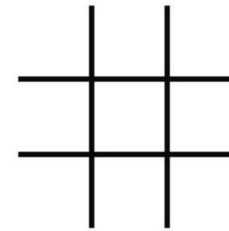


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