



JANUARY

2021

HELC/HCES



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Special Announcements:

- Menu is subject to change..
- Due to COVID-19 we will not offer our salad bar, however we will have bowled salads on select days.
- Menu will be updated as needed.

Administrative Day

4.

Sausage Biscuit
Lunch
Chicken Tenders
Mashed Potatoes
Carrots
Roll

5.

Muffins
Lunch
Chicken Nuggets
Mashed Potatoes
Green Beans
Roll

6.

Pancakes
Lunch
Spaghetti
Garlic Bread
Green Beans

7.

poptarts
Lunch
Subway Day
Ham Hoagie
Chips
Baked Beans

8.

Muffins
Lunch
Pizza
Fries

11.

poptarts
Lunch
Popcorn Chicken
Mashed Potatoes
Green Beans
Rolls

12.

Virtual Day

13.

Cereal
Lunch
Fish
Hushpuppies
Green Beans
Slaw

14.

Pancakes
Lunch
Corndog
Mac & Cheese
Corn

15.

No School

18.

Chicken Biscuit
Lunch
Ravioli
Grilled Cheese
Green Beans

19.

Strawberry Bagel
Lunch
Chicken Fajita Wrap
Rice
Corn

20.

Danish
LUNCH
Pizza
Curly Fries
Broccoli

21.

Cinnamon Rolls
Lunch
Chicken Nuggets
Baby Bakers
Rolls

22.

Muffins
Lunch
Hot Dogs
Chili
Chips

25.

Sausage Biscuit
Lunch
Chicken Tenders
Mashed Potatoes
Carrots
Roll

26.

Virtual Day

27.

Pancakes
Lunch
Vegetable Soup
Grilled Cheese
Corn

28.

Bacon Biscuit
LUNCH
Cheeseburger
Curly Fries
Broccoli
Ice Cream

29.



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?

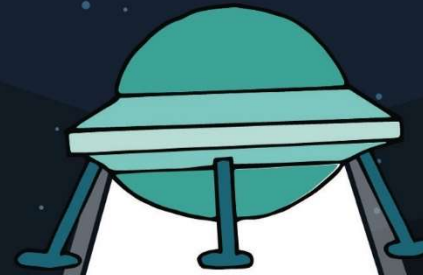
Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

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.

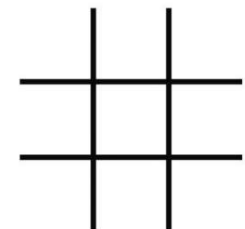
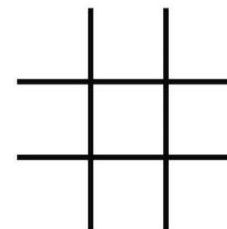
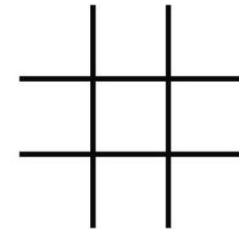
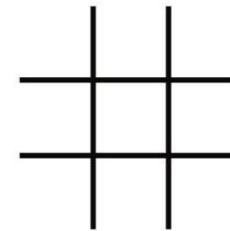
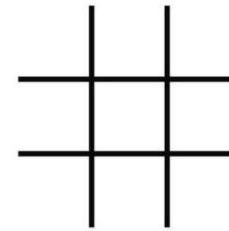


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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TIC-TAC-TOE



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org