#### **NEW HOME ISD. LUNCH MENU**









Roll Or

Chicken-n-Waffles

Hash Browns Fresh veggie Cup Strawberries

**Chicken Nuggets** 

2020

Mac & Cheese Black-eyed Peas

or

**Asian Bowl** 

Eggroll Garden Salad Grapes

Pizza Choice Or

**Grilled Cheese Sandwich** 

Multi Grain Chips Soup **Bell Peppers Strips** Corn

Fruity Gelatin

Hamburger/Cheeseburger

Potato Bowl Roll

Celery

Carrots Cinnamon Applesauce

Cookie

NO **SCHOOL** 

14.

28.

WALKING TACO OR

**FRITO PIE** 

Cucumbers Beans

Salsa 8. Orange Smiles

Lasagna Tuscan Vegetables

Or

Chicken Nuggets Mashed Potatoes

Fruit Cup

Broccoli Roll

9.

Hamburger/Cheeseburger Or

Pizza Choice

Steak Fries

Carrots 10. Snowball Salad

3.

17.

24.

**Pulled Pork Sliders** Or

Chicken Parmesan

Breadsticks Savory Green Beans

Garden Salad

Chilled Pineapple

11.

Country Fried Steak Gravv

Meatloaf

Mashed Potatoes Or

Chef Salad Okra

Roll Strawberries Meat & Cheese Chalupa

**Enchiladas** or

**Chef Salad** Salsa

Cucumbers Beans Rosy Applesauce Chicken Tenders

Hamburger /Cheeseburger

Chef Salad

Broccoli Sweet Potatoes Mixed Fruit

16. Brownie

Chicken Spaghetti Breadstick Pizza Choice

Chef Salad

Garden Salad Carrots Fresh apple slices

Fish Sticks Mar & Cheese

BBQ on a Bun

Chef Salad Coleslaw

Savory Green Beans Orange Smiles Cookie

18.

25.

Steak Fingers

Roll Or

Roast Beef Sandwich

Or Chicken Salad

**Potatoes** Tomato Cup

Strawberries & Bananas

Pizza Bake Pasta Breadsticks

French Bread Pizza Marinara Sauce

Or **Chicken Salad** Garden Salad California Blend

Fruit Cup

22.

29.

15.

Boneless Chicken Wings

Beef Stew w/cornbread

Chicken Salad Celery Sticks Carrots

Peaches 23. Pudding

Mexican Combo Plate

(1 Taco, Tamale) Quesadilla

Chicken Salad

Fresh Seasonal Fruit

Corn Beans Salsa

Popcorn Chicken

Roll

Sloppy Joe Sandwich

Chef Salad

Vegetable Medley Potatoes Pears

Corn Dog/ Corn Dog Minis

Cheeseburger Macaroni

Savory Green Beans Roll

> Tuna Sandwich Tomato Cup Fruit Cup

Nachos Grande Salsa Chicken Tortilla Soup

Cornbread Tuna Salad Reans

Cucumbers Apricots Ice cream

Crispy Chicken Sandwich

Oven Fries Or X-Treme Burrito

> Corn Or

Tuna salad Fresh Veggie cup Fruity Gelatin

30.

Special Announcements:

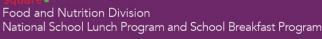




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# SEPTEN

**NEW HOME ISD BREAKFAST MENU** (STUDENTS EAT FREE)









**Breakfast Strudel** 

Fruit

Fruit Juice Milk Variety Waffles/Sausage Or

**Cereal/Toast Fruit** 

Fruit Juice

Milk Variety

2.

9.

16.

30.

Breakfast Pizza

Or PBJ

Fruit

Fruit Juice Milk Variety

3.

Donut Holes/Sausage

Or

Muffin/Yogurt

Fruit

Fruit Juice

Milk Variety

NO **SCHOOL** 

21.

28.

Breakfast Burrito Or

Cereal Bar/Yogurt

Fruit

Fruit Juice Milk Variety **Power Breakfast** 

(Biscuit, Gravy. Bacon Scrambled Egg)

**Breakfast Parfait** 

Fruit

Fruit Juice

Sausage Kolache

**Breakfast Crackers/Cheese Stick** 

Fruit

Cinnamon Roll/Sausage

Or

**Breakfast Crackers** 

Fruit

Fruit Juice

Milk Variety

Fruit Juice 10.

Milk Variety

17.

24.

**Breakfast Sandwich** 

Or

**Breakfast Round / Yogurt** 

Fruit

Fruit Juice

Milk Variety

**Biscuit Gravy Scrambled Eggs** 

Cereal/Toast

Fruit

Fruit Juice

11.

18.

Waffles/Sausage

Or

Muffin/Yogurt

Fruit

Sausage Biscuit

Or

Cereal Variety/Toast

Fruit

Fruit Juice

Fruit Juice 14.

Milk Variety

Sausage, Egg & Cheese Biscuit

Or

PBJ Fruit

**Breakfast Combo** 

Or

PBJ

Fruit

Fruit Juice

Milk Variety

Fruit Juice

Or Cereal/Toast

Fruit

Breakfast Pizza

Fruit Juice

Milk Variety

Chicken -n-Waffles

Or

Banana SPLIT

Fruit

Fruit Juice

23. Milk Variety

Pancakes /Sausage

**Breakfast Crackers/Cheese Cubes** 

Fruit

Fruit Juice

Milk Variety

Milk Variety **Dutch Waffle** 

Muffin/Yogurt

Fruit

Fruit Juice

25. Milk Variety

Breakfast Pizza

**Breakfast Round** Fruit

> Fruit Juice Milk Variety

Monte Cristo Sandwich

Cereal Bar/Yogurt

Fruit

Fruit Juice Milk Variety 29.

22.

8.

15.

**Power Breakfast** (Biscuit, Gravy. Bacon Scrambled Egg)

**Breakfast Parfait** 

Fruit

Fruit Juice

Milk Variety

Special Announcements:



TEXAS DEPARTMENTAGE AGRICULTURE COMMISSIONER SID MILLER This product was funded by USDA This institution is an equal opportunity provider.





# MARTIAN MELONS

Mars is the fourth planet from the sun and it gets its name from a mythological figure the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth). Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

## COLOR BY NUMBERS



## DID YOU KNOW?

Watermelon has a smooth hard rind. usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink. but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water - about 92% - and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer





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