



DECEMBER

2020

NEW HOME ISD LUNCH MENU



Meat & Cheese Chalupa
OR
Enchiladas
Salsa
Cucumbers
Beans
Rosy Applesauce 1.



Chicken Tenders
Roll
Gravy
Or
Hamburger /Cheeseburger
Broccoli
Sweet Potatoes
Mixed Fruit
Brownie 2.



Chicken Spaghetti
Breadstick
Or
Pizza Choice
Garden Salad
Carrots
Fresh apple slices 3.



Fish Sticks
Mac & Cheese
Coleslaw
Savory Green Beans
Orange Smiles
Cookie 4.



Steak Fingers
Gravy
Roll
Or
Roast Beef Sandwich
Potatoes
Tomato Cup
Strawberries & Bananas 7.

Pizza Bake Pasta
Breadsticks
Or
French Bread Pizza
Marinara Sauce
Garden Salad
California Blend
Fruit Cup 8.

Boneless Chicken Wings
Or
Beef Stew w/cornbread
Celery Sticks
Carrots
Peaches
Pudding 9.

Mexican Combo Plate
(1 Taco, Tamale)
Or
Quesadilla
Corn
Beans
Salsa
Fresh Seasonal Fruit 10.

Popcorn Chicken
Roll
Vegetable Medley
Potatoes
Pears
Cookie 11.

Corn Dog/ Corn Dog Minis
or
Cheeseburger Macaroni
Savory Green Beans
Roll
Tomato Cup
Fruit Cup 14.

Nachos Grande
Salsa
or
Chicken Tortilla Soup
Cornbread
Beans
Cucumbers
Apricots
Ice cream 15.

Crispy Chicken Sandwich
Oven Fries
Or
X-Treme Burrito
Corn
Fresh Veggie cup
Fruity Gelatin 16.

Tangerine Chicken
Egg Rolls
Or
Hamburger Steak
Roasted Potato
Biscuits
Crunchy Broccoli Salad
Mandarin Oranges 17.

Pizza Choice
Carrots
Garden Salad
Fresh Seasonal Fruit
Royal Brownies 18.

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HAPPY
NEW
YEAR 31.

Special Announcements:





DECEMBER

2020

NEW HOME ISD
BREAKFAST MENU
(STUDENTS EAT FREE)



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Breakfast Burrito
Or
Cereal Bar/Yogurt
Fruit
Fruit Juice
Milk Variety 1.

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POWER BREAKFAST
(BISCUIT, GRAVY, Scrambled Eggs ,Bacon)
Or
BREAKFAST PARFAIT
Fruit
Fruit Juice
Milk Variety 2.

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Sausage Kolache
Or
Breakfast Crackers/Cheese Stick
Fruit
Fruit Juice
Milk Variety 3.

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Breakfast Sandwich
Or
Breakfast Round / Yogurt
Fruit
Fruit Juice
Milk Variety 4.

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Sausage Biscuit
OR
Muffin/Yogurt
Fruit
Fruit Juice
Milk Variety 7.

Breakfast Combo
Or
PBJ
Fruit
Fruit Juice
Milk Variety 8.

Chicken-n-Waffles
Or
Cereal/Toast
Fruit
Fruit Juice
Milk Variety 9.

Pancakes /Sausage
OR
Breakfast Crackers
Fruit
Fruit Juice
Milk Variety 10.

Dutch Waffle /Bacon
OR
Cereal/Toast
Fruit
Fruit Juice
Milk Variety 11.

Breakfast Pizza
OR
Cereal/Toast Fruit
Fruit
Fruit Juice
MILK VARIETY 14.

French Toast
Sausage
Or
PBJ
Fruit
Fruit Juice
Milk Variety 15.

Power Breakfast
(Biscuit, Gravy, Scrambled Eggs Bacon)
Or
Banana SPLIT
Fruit
Fruit Juice
Milk Variety 16.

Pancake Wrap/Yogurt
Or
Breakfast Crackers/Cheese Cubes
Fruit
Fruit Juice
Milk Variety 17.

Cinnamon Roll/Sausage
or
Muffin/Yogurt
Fruit
Fruit Juice
Milk Variety 18.

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Special Announcements:



GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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www.SquareMeals.org