

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

FEBRUARY



MONDAY

WG Pizza/ Cheese and Pepperoni
Seasoned Corn
Garden Salad
Diced Pears
Fresh Apples

1

TUESDAY

Frito Pie
WG Cornbread
Garden Spinach
Mandarin Oranges
Apricots
WG Roll

2

WEDNESDAY

WG Pasta/ W Meat Sauce
Green beans
Spinach Salad
Sliced Peaches
Fresh Oranges
WG Roll

3

THURSDAY

Steak Fingers
/Mashed
Potatoes/Gvy
Glazed Carrots
Bread Stick
Cinnamon Apples
Banana

4

FRIDAY

WG Corn Dogs
Sweet Potato Fries
Baked Beans
Garden Salad
Fruited Gelatin
Banana

5

GOOD EATS AT:

**RAPOPORT ACADEMY
PUBLIC SCHOOL
LUNCH HIGH SCHOOL 9 thru 12**

Chicken Alfredo
Steamed Broccoli
Fresh Baby Carrots
WG Garlic TST
Fruit Cocktail/ Fresh
Grapes

8

Sloppy Joe/ WG Bun
Baked Fries
Pinto Beans
Spinach Salad
Diced Pears
Mandarin Oranges

9

Chicken Fajita/ WG
Tortilla
Brown Spanish
Rice/ Corn
Refried Beans
Cinn. Applesauce
Peaches

10

WG Mac & Cheese W
Smoked Sausage
California Blend
Spinach Salad
WG Bread Stick
Pineapples
Banana

11

Beef and Cheese
Nacho's WG
Cornbread
Seasoned Corn
Tomato/Cucumber
Salad
Mandarin Oranges
Banana

12

**No School
Today**

15

Salisbury steak
Mashed Potatoes
Seasoned Peas
WG Roll
Apricots
Fresh Oranges

16

Chicken and WG
Noodles
Seasoned Greens
Yellow Squash
WG Roll
Fresh Grapes
Fresh Apples

17

Cheeseburger/ WG
Bun
Baked French Fries
Baked Beans
Burger Salad
Fruit Cocktail
Banana

18

Ham & Cheese
Sandwich
Vegetable Soup/WG
Crackers
Garden Salad
Banana
Diced Pears

19

Meatloaf
Escalloped Potatoes
Steamed Zucchini
WG Texas Toast
Cinnamon Apples
Fresh Pears

22

Chicken Nuggets
Mashed Potatoes
Steamed
Peas/Carrots
Breadstick
Fresh Oranges
Fresh Apples

23

Chicken Teriyaki
Brown Rice
California Blend
Garden Salad
Fresh Apples
Fruit Cocktail

24

WG Pasta/ With
Meat Sauce
Green Beans
Seasoned Corn
WG Garlic Bread
Sliced Peaches
Banana

25

Sloppy Joe/ WG
Bun
Baked Chips
Pinto Beans Spinach
Salad
Diced Pears
Banana

26

Beef and Cheese
Nacho's WG
Cornbread
Seasoned Corn
Garden Salad
Mandarin Oranges
Tropical Fruit Mix

29

SPECIAL ANNOUNCEMENTS

Fat Free Milk is offered with each meal.

Full Pay \$2.00

Reduced .40

Free

Extra milk .30 cents

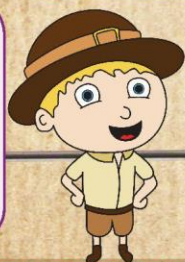
Menu is subject to change

Salad bar offered on Tuesday,

Wednesday, and Thursday in the

DCAC

BEEF UP ON HEALTHY EATING!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.

IT'S FEBRUARY!

It's time to build your muscles with protein including lean, nutritious beef. Another part of the Great Plate of Texas!

FOOD: Beef

CATEGORY: Protein

GROWING REGIONS: Statewide

WHERE TO FIND IT: In the butcher's case or refrigerated meat section of your grocery store.



DISTINGUISHING CHARACTERISTICS:



Texas beef is a red meat that comes in various "cuts" including steaks and roasts, or ground into a moist form used to make hamburgers, tacos, meatloaf and more.

WHAT TO KNOW:

Texas beef is an excellent source of protein, iron, zinc, and vitamins B6 and B12. The iron found in beef is in the form of heme-iron which is readily absorbed by your body when you eat it.

DID YOU KNOW?:

Texas is the No. 1 beef producer in the nation with approximately 11 million head of cattle!



FUN FACT:

The official state dish of Texas is chili.

EXPLORER'S NOTEBOOK:

Beef is raised on ranches all over Texas.

In fact, there are more cattle in Texas than there are people in most of the 50 states!

Lean Texas beef is used in many popular dishes, and is an excellent source of several nutrients that are the essential ingredients for a strong, healthy body.



JOKE:

Q: What do you call a sleeping bull?



A: A bull dozer!

COMING IN
MARCH:
SCHOOL
BREAKFAST
WEEK!

