

FEBRUARY

2019



I'm on your team...
**RUBY RED
BEAM**

M **T** **W** **TH** **F**

**ART
CONTEST
BEGINS**

**"You ART What You Eat"
Art Contest
STARTS FEBRUARY 4TH
squaremeals.org/artcontest**

**GOOD
EATS AT**

**Headstart &
PreK
Menu**

**SPECIAL
ANNOUNCEMENTS**

Breakfast sandwich
Country fried steak fingers
Gravy
Mashed potatoes
Roll
Strawberries 4

Mini pancakes
Meat & cheese
Chalupas
Refried beans
Rosy Applesauce 5

Cereal
Pizza choice
Baby carrots
Fruit cup 6

Breakfast pizza
Chicken tenders
Gravy
Broccoli
Mixed Fruit 7

PBJ
Shrimp poppers
Mac and cheese
Green beans
Orange smiles 8

Sausage biscuit
Texas Basket
(Steak fingers, oven
fries & gravy)
Veggie cup
Pineapple 11

Sausage kolache
Tex-mex stack
Refried beans
Peaches 12

Breakfast Muffin
Pizza Pocket
Garden salad
Cinnamon apples 13

Chicken n biscuit
Ranchero wrap
Fresh vegetables
Snowball salad 14

Cereal
Popcorn chicken
Mashed potatoes
Green beans
Apple slices 15

Breakfast pizza
Taquito & queso
Pinto beans
Bananas 18

Sausage Kolache
Chili cheese combo
(Chili, tater tots, corn
bread & cheese)
Mixed fruit 19

PBJ
Pizza
Corn
Fruity Jello 20

Breakfast burrito
Chicken nuggets
Mac & cheese
Green beans
Pears 21

French toast
Hamburger/Cheeseburger
Cucumber slices
Cinnamon applesauce
Animal crackers 22

Breakfast sandwich
Steak fingers
Gravy
Mashed potatoes
Carrot coins
Strawberries & banana 25

Mini pancakes
French bread pizza
California Blend
Fruit cup 26

Breakfast muffin
Boneless chicken wings
Celery sticks
Carrots
Corn bread
Mandarin oranges 27

Breakfast pizza
Mexican Combo plate
(taco & tamale)
Pinto beans
Baked apple slices 28

Breakfast free PK-5
\$1.75 grades 6-12
Lunch: \$3.00 paid, \$4.00 reduced
\$3.75 for non-students, adults
Breakfast is served with a
choice of milk, juice and fruit.
Lunch is served with a choice of
milk.
Menu is subject to change
without
notice due to weekly delivery



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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GOOD EATS AT

**K5
Menu**

SPECIAL ANNOUNCEMENTS

Breakfast free PK-5
\$1.75 grades 6-12
Lunch: \$3.00 paid, \$.40 reduced
\$3.75 for non-students, adults
Breakfast is served with a choice of milk, juice and fruit.
Lunch is served with a choice of milk.
Menu is subject to change without notice due to weekly delivery

Breakfast sandwich
Country fried steak/gravy
Mashed potatoes
Okra
Roll
Strawberries 4

Fruit pocket
Meat & cheese chalupas
Salsa
Refried beans
Zesty cucumbers
Rosy Applesauce 5

Cereal bar
Pizza choice
Baby carrots
Garden salad
Fruit cup 6

Pancake wrap
Chicken tenders/gravy
Biscuit
Broccoli
Sweet potato fries
Mixed Fruit
Rice crispy treat 7

PBJ
Shrimp poppers
Mac and cheese
Green beans
Coleslaw
Orange smiles 8

Sausage biscuit
Texas Basket
(Steak fingers, oven fries, roll & gravy)
Veggie cup
Pineapple 11

Sausage kolache
Tex-mex stack
Salsa
Refried beans
Tiny tomato cup
Lettuce & tomato garnish
Peaches 12

Mini donuts
Pizza Pocket
Marinara sauce
Tuscan vegetables
Garden salad
Cinnamon apples
Cookie 13

Chicken n biscuit
Ranchero wrap
Fresh vegetables
Broccoli
Snowball salad 14

Breakfast cookie
Bearcat bowl
(popcorn chicken, corn, mashed potatoes & gravy)
Roll
Green beans
Apple slices 15

Breakfast Strudel
Taquito & queso
Pinto beans
Corn
Salsa
Bananas
Fruit Crisp 18

Sausage Kolache
Chili cheese combo
Chili, tater tots, cheese & cornbread)
Mixed fruit 19

PBJ
Pizza
Corn
Tiny tomato cup
Fruity Jello 20

Breakfast burrito
Chicken nuggets
Mac & cheese
Green beans
Garden salad
Pears 21

French toast
Hamburger/Cheeseburger
Cucumber slices
Carrots
Hamburger garnish
Cinnamon applesauce
Cookie 22

Cinni mini
Steak fingers
Gravy
Roll
Mashed potatoes
Carrot coins
Strawberries & banana 25

Mini pancakes
French bread pizza
Marinara sauce
California Blend
Garden salad
Fruit cup
Pudding 26

Breakfast muffin
Boneless chicken wings
Celery sticks
Carrots
Corn bread
Mandarin oranges
Brownie 27

Breakfast pizza
Mexican Combo plate
(taco & tamale)
Pinto beans
Corn
Salsa
Baked apple slices 28



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GOOD EATS AT

Jr. High Menu

SPECIAL ANNOUNCEMENTS

Waffles & bacon
Country fried steak/gravy
Mashed potatoes
Okra
Roll
Strawberries 4

Cinnamon roll & sausage
Meat & cheese chalupas
Salsa
Refried beans
Zesty cucumbers
Rosy Applesauce 5

Breakfast pizza
Pizza choice
Baby carrots
Garden salad
Fruit cup 6

Sausage, egg & cheese sand.
Chicken tenders/gravy
Biscuit
Broccoli
Sweet potato fries
Mixed Fruit
Rice crispy treat 7

Bearcat breakfast
Shrimp poppers
Mac and cheese
Green beans
Coleslaw
Orange smiles 8

Sausage biscuit
Texas Basket
(Steak fingers, oven fries, roll & gravy)
Veggie cup
Pineapple 11

Breakfast combo
Tex-mex stack
Salsa
Refried beans
Tiny tomato cup
Lettuce & tomato garnish
Peaches 12

Chicken n waffles
Pizza Pocket
Marinara sauce
Tuscan vegetables
Garden salad
Cinnamon apples
Cookie 13

Pancakes & sausage
Ranchero wrap
Fresh vegetables
Broccoli
Snowball salad 14

Dutch waffle & bacon
Bearcat bowl
(popcorn chicken, corn, mashed potatoes & gravy)
Roll
Green beans
Apple slices 15

Early bird sandwich
Taquito & queso
Pinto beans
Corn
Salsa
Bananas
Fruit Crisp 18

Chicken n biscuit
Chili cheese combo
Chili, tater tots, cheese & cornbread)
Mixed fruit 19

Power Breakfast
Pizza
Corn
Tiny tomato cup
Fruity Jello 20

Pancake wrap
Chicken nuggets
Mac & cheese
Green beans
Garden salad
Pears 21

Biscuit & sausage
Hamburger/Cheeseburger
Cucumber slices
Carrots
Hamburger garnish
Cinnamon applesauce
Cookie 22

Pancakes & bacon
Steak fingers
Gravy
Roll
Mashed potatoes
Carrot coins
Strawberries & banana 25

Sunrise sandwich
French bread pizza
Marinara sauce
California Blend
Garden salad
Fruit cup
Pudding 26

Monte cristo sandwich
Boneless chicken wings
Celery sticks
Carrots
Corn bread
Mandarin oranges
Brownie 27

Oatmeal & cinnamon toast
Mexican Combo plate
(taco & tamale)
Pinto beans
Corn
Salsa
Baked apple slices 28

Griddle sandwich
Ham & cheese melt
Carrots
Broccoli salad
Apple slices
Brownie 1

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GOOD EATS AT

High School Menu

SPECIAL ANNOUNCEMENTS

Waffles & bacon
Country fried steak/gravy
Mashed potatoes
Okra
Roll
Strawberries 4

Cinnamon roll & sausage
Meat & cheese chalupas
Spanish rice
Salsa
Refried beans
Zesty cucumbers
Rosy Applesauce 5

Breakfast pizza
Pizza
Baby carrots
Garden salad
Fruit cup 6

Sausage, egg & cheese sand.
Chicken tenders/gravy
Biscuit
Broccoli
Sweet potato fries
Mixed Fruit
Rice crispy treat 7

Bearcat breakfast
Shrimp poppers
Mac and cheese
Green beans
Coleslaw
Orange smiles 8

Sausage biscuit
Texas Basket
(Steak fingers, oven fries, roll & gravy)
Veggie cup
Pineapple 11

Breakfast combo
Tex-mex stack
Spanish rice
Salsa
Refried beans
Tiny tomato cup
Lettuce & tomato garnish
Peaches 12

Chicken n waffles
Pizza Pocket
Marinara sauce
Tuscan vegetables
Garden salad
Cinnamon apples
Cookie 13

Pancakes & sausage
Ranchero wrap
Fresh vegetables
Broccoli
Snowball salad 14

Dutch waffle & bacon
Bearcat bowl
(popcorn chicken, corn, mashed potatoes & gravy)
Roll
Green beans
Apple slices 15

Early bird sandwich
Taquito & queso
Pinto beans
Corn
Salsa
Bananas
Fruit Crisp 18

Chicken n biscuit
Chili cheese combo
Chili, tater tots, cheese & cornbread)
Mixed fruit 19

Power Breakfast
Pizza
Corn
Tiny tomato cup
Fruity Jello 20

Pancake wrap
Chicken nuggets
Mac & cheese
Green beans
Garden salad
Pears 21

Biscuit & sausage
Hamburger/Cheeseburger
Cucumber slices
Carrots
Hamburger garnish
Cinnamon applesauce
Cookie 22

Pancakes & bacon
Steak fingers
Gravy
Roll
Mashed potatoes
Carrot coins
Strawberries & banana 25

Sunrise sandwich
French bread pizza
Marinara sauce
California Blend
Garden salad
Fruit cup
Pudding 26

Monte cristo sandwich
Boneless chicken wings
Celery sticks
Carrots
Corn bread
Mandarin oranges
Brownie 27

Oatmeal & cinnamon toast
Mexican Combo plate
(taco & tamales, Spanish rice)
Pinto beans
Corn
Salsa
Baked apple slices 28

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