

Free Meals Open to all children, ages 1-18 years old



FEBRUARY

2021

La Joya ISD Child Nutrition Services

Meal Curbside Menu

Meal Curbside Menu is subject to change due to availability



HOT Meal Distribution Day
10:30 am – 1:30 pm

La Joya ISD Child Nutrition Services / Special Announcements: *Breakfast is served daily with: Fruit juice, fresh fruit, fat free and low fat milk. *Lunch is served daily with: Fresh fruit, canned fruit, fat free and low fat milk. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Uncrustable
Chicken Burger
Fries
Burger Salad



1.

Kolache
Italian Chicken Flatbread
Broccoli
Golden Corn



2.

Cereal Kit
Calabazita con Pollo
Tortillas
Charro Beans
Garden Salad



3.

Breakfast Taco
Beef Steak Fingers
Dinner Roll
Mashed Potatoes / Gravy
Broccoli



4.

French Toast Sticks
Boneless Wings
Pretzel
Carrots Coins
Broccoli



5.

Uncrustable
Rotini Pasta Bowl
Dinner Roll
Carrots
Golden Corn

*Bad Weather Day,
No School.
Breakfast & Lunch Menus
will be offered
on Friday 02/05/21
distribution*

8.

Tamales
Chicken Nuggets
Pretzel
Broccoli
Garden Salad



9.

Cereal Kit
Pork Carnitas Tacos
Pico de Gallo/ cabbage Salad
Charro Beans



10.

Breakfast Taco
Country Chicken Steak
Country Gravy
Dinner Roll
Mashed Potato / Gravy
Broccoli



11.

Apple Frudel
Pepperoni Pizza
Garden Salad
Carrot



12.

Uncrustable
Hamburger
Fries
Burger Salad



15.

Pork & Cheese Tamale
The Pack Hoagie
Garden Salad
Carrots



16.

Cereal Kit
Cheese Enchiladas
Charro Beans
Garden Salad



17.

Breakfast Taco
Chicken Strip Basket
Dinner Roll
Broccoli
Golden Corn



18.

Mini Blueberry Waffles
Bean & Cheese Burrito
Garden Salad
Carrots



19.

Mini Blueberry Waffles
The Howling Pack Hot Dog
Tator Tots
Carrots



22.

Kolache
Beef Steak Fingers
Dinner Roll
Mashed Potatoes / Gravy
Broccoli



23.

Cereal Kit
Boneless Wings
Pretzel
Carrots
Broccoli



24.

Breakfast Taco
Italian Chicken Flatbread
Broccoli
Garden Salad



25.

French Toast Sticks
Nacho Rounds
Cheese Sauce
Charro Beans
Garden Salad



26.



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COMMISSIONER SID MILLER

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Don't forget to wear a Mask!



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National School Lunch Program and School Breakfast Program

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BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



DID YOU KNOW?

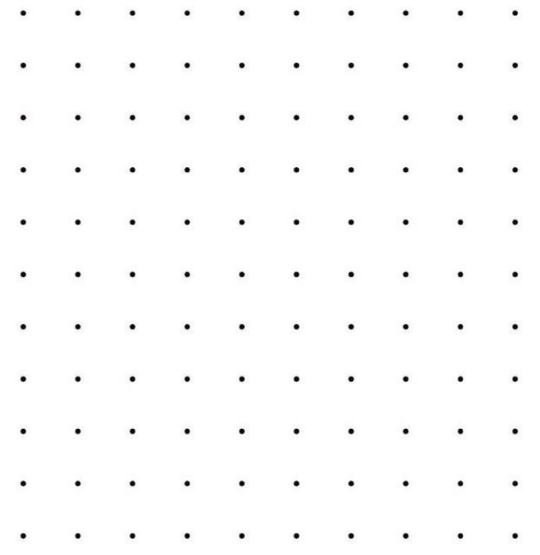
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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