

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

FEBRUARY



MONDAY

Cheese OR
Pepperoni Pizza
Salad
Corn
Fruit Juice / Ranch

1

TUESDAY

Chicken Sandwich
OR Hot Dog /
Carrots, Baby
Let/Tom/Pick Cup
Fruit Slush
Ranch/Mayo/Must/K

2

WEDNESDAY

Chicken Nuggets OR
Chick Fried Steak
Mashed Potato
Mixed Vegetables/
WW Roll/ Cookie/
Fruit Juice

3

THURSDAY

Mac & Cheese OR
Corn Dog / Curly
Fries/ Steamed
Broccoli / Fruit Slush

4

FRIDAY

Hamburger OR Spicy
Chick Sandwich
Let/Tom/Pick Cup
Baked Beans/ Sun
Chips / Fruit Juice
Mayo/Must/Ketchup

5

GOOD EATS AT:

TIOGA ISD

LUNCH 6-8

Cheese OR
Pepperoni Pizza
Salad / Corn on Cob
Fruit Juice/ Ranch

8

Spaghetti/Meat
Sauce OR Hot Dog/
Green Beans/ Salad/
Garlic Breadsticks/
Fruit Slush

9

Chicken Tenders OR
Steak Fingers
Mashed Potato
Broccoli & Cheese
WW Roll/ Cookie
Fruit Juice/Gravy

10

General TSO Chick
OR Corn Dog/
Steamed WG Rice/
Carrots , Baby
Oriental Blend Veg/
Fruit Slush/Ranch

11

Cheeseburger OR
Steak Sandwich
Let/Tom/Pick Cup
Pork & Beans/ Sun
Chips/ Fruit Juice/
Mayo/Must/Ketchup

12

No Students

15

Cheese OR
Pepperoni Pizza
Salad / Fresh
Broccoli Bites/ Fruit
Slush / Ranch

16

Soft Tacos OR Beef
Nachos/ Refried
Beans / Steamed
Corn/ Spanish Rice/
Fruit Juice/ Ranch/
Cookie

17

Crispito & Cheese
OR Corn Dog / Santa
Fe Blend/ Celery
Sticks/Fruit Slush/
Ranch

18

Frito Chili Pie OR
Cheeseburger
Let/Tom/Pick Cup
Carrots, Baby/ Sun
Chips/ Fruit Juice/
Mayo/Must/Ketchup

19

Cheese OR
Pepperoni Pizza
Salad / Corn / Fruit
Juice/ Ranch

22

Burrito OR Hot Dog
Cucumber Chips /
Refried Beans/Fruit
Slush/ Ranch

23

Chicken Nuggets OR
Steak Fingers
Mashed Potato
Green Beans/ WW
Roll/ Fruit Juice/
Cookie/ Gravy/ Ketc

24

Meatball Sub OR
Corn Dog/ Curly
Fries/ Steamed
Broccoli/ Fruit Slush
Ketchup

25

Grilled Cheese Sand
OR Cheeseburger
Tomato Soup
Let/Tom/Pick Cup
Carrots , Baby/ Fruit
Juice/ Mayo/Must/K

26

SPECIAL ANNOUNCEMENTS

Daily Offerings:

1 % Plain Milk, FF Chocolate Milk
and Fruit

MENU SUBJECT TO CHANGE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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BEEF UP ON HEALTHY EATING!



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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!**

