



FEBRUARY

2021

Callier Child Development



Special Announcements:

02/02, 11- Veggie Taco, 4, 18- Cheese Quesadilla, 5, 16-Veggie Pattie, 9-Veggie Sloppy Joe, 10, 24- Veggie Balls, 12, 26- Cheese Sandwich, 15, 19, 23 -Veggie Nuggets, 25- Veggie BBQ

m
B-Cornchex, WG-Toast, butter, Oranges, jelly, Milk
L-Toasted Cheese, steamed Broccoli, Mixed Fruit, Milk
S-Cheddar Chex Mix 1.

t
B-WG Toast, butter, Cheese Sticks, Applesauce, jelly, Milk
L-Beef Soft Taco, Green Beans, Diced Pears, Milk
S-Cauliflower w/ lite ranch 2.

w
B- Cornchex, WG Toast, jelly, Mangos, Milk
L-Meatloaf Sandwich* Mash Potatoes, Peaches, Milk
S-Strawberries 3.

th
B-Turkey Sausage, Toast, butter, Baked Apples, Milk
L-Chicken Fajita, Black Beans, Pineapple, Milk
S-Graham Crackers 4.

f
B-Blueberry Muffin, Banana, butter, Milk
L-Hamburger, Sweet Potato Fries, ketchup, Apricots, Milk
S-Orange Smiles 5.

B-French Toast, syrup, Turkey Sausage, Baked Apples, Milk
L-Cheese Pizza, steamed Carrots, Apricots, Milk
S-Animal Crackers 8.

B-Kix Cereal, WG Toast, butter, jelly, Oranges, Milk
L-Sloppy Joe on Bun, Green Beans, ketchup, Peaches, Milk
S-Fresh Pears 9.

B-Cinnamon Toast, butter, Mangos, Milk
S-Meatballs w/gravy, Mash Potato, Pineapples, Roll, Milk
S-Cucumbers w/lite ranch 10.

B-Turkey Sausage, Toast, jelly butter, Peaches, Milk
L-Turkey Tacos, Black Beans, Mixed Fruit, Milk
S-Apple 11.

B-Cheerios, WG Toast, butter, Banana, Milk
L-Turkey & Cheese Sub, raw Broccoli , Oranges, Milk
S-Yogurt 12.

B-Cornchex Cereal, WG Toast, butter, Oranges, Milk
L -Chicken Nuggets, Green Beans, Peaches, Roll, Milk
S-Teddy Cubs 15.

B-WG Waffle, Turkey Sausage, syrup, Baked Apples, Milk
L-Salisbury Steak Sandwich*, Mash Potato, Mixed Fruit, Milk
S-Fresh Pears 16.

B-Rice Chex, WG Toast, butter, jelly, Banana, Milk
L-Beef Spaghetti, steamed Broccoli, Apricot, Bread, Milk
S-Strawberries 17.

B- WG Toast, Egg Omelet, butter, Apple, Milk
L-Chicken Fajita, Black Beans, Pineapple, Milk
S- Broccoli w/ lite ranch 18.

B- KiX Cereal, WG Toast, butter, jelly, Mango, Milk
L-Fish Shapes, Sweet Potato Fries, Roll, Diced Pears, Milk
S-Cheddar Chex Mix 19.

B-Cheerios, WG Toast, butter, Oranges, Milk
L-Cheese Pizza, Green Beans, Peaches, Milk
S-Apple 22.

B-Pancake, Turkey Sausage, syrup, Baked Apples, Milk
L-Sweet & Sour Chicken, Carrots, Pineapple, Roll, Milk
S- Graham Crackers 23.

B-WG Toast, Cheese, butter, jelly, Applesauce, Milk
L-Meatballs w/sauce, Green Peas, Mixed Fruit, Roll, Milk
S-Fresh Pears 24.

B-Rice Chex, Toast, butter, Banana, jelly, Milk
L-BBQ Chicken Sandwich, Pinto Beans, Apricots, Milk
S-Cauliflower w/lite ranch 25.

B-Turkey Sausage, WG Toast, butter, Peaches, Milk
L-Turkey & Cheese Sub, raw Broccoli Oranges, Milk
S-Goldfish 26.





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?

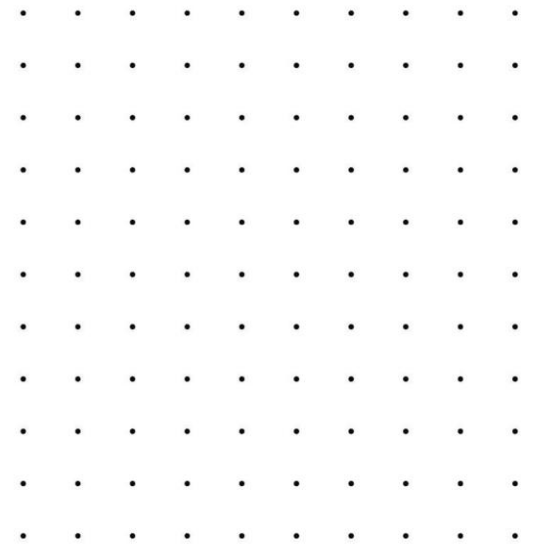
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is 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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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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