



AUGUST

2020

Tenaha ISD High School



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Breakfast- Pancake on a Stick, fruit, juice, milk
Lunch- Pizza, corn, salad, fruit, milk, pudding
Option-- Corndog
17.

Breakfast- Muffin, yogurt, fruit, juice, milk
Lunch-BBQ sandwich, black eyed peas, baked chips, pears, apple, milk, pudding
Option-Pizza
18.

Breakfast- Pizza, fruit, juice, milk
Lunch-Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, ,milk,
Option- Cordogs
19.

Breakfast- French Toast Sticks
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk
Option-Burger
20.

Breakfast-Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,
21.

Breakfast-Pancake on a Stick
Lunch- Tacos, lettuce, cheese, pinto beans, rice, pineapple, orange
Option- Burrito
24.

Breakfast- Sausage, Biscuit
Lunch-Hot ham & cheese on bun, pickle spears, broccoli, applesauce, orange, chips, milk
Option- Burger
25.

Breakfast- French toast stick
Lunch- Chicken Strips, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk,
Option- Chicken fried steak
26.

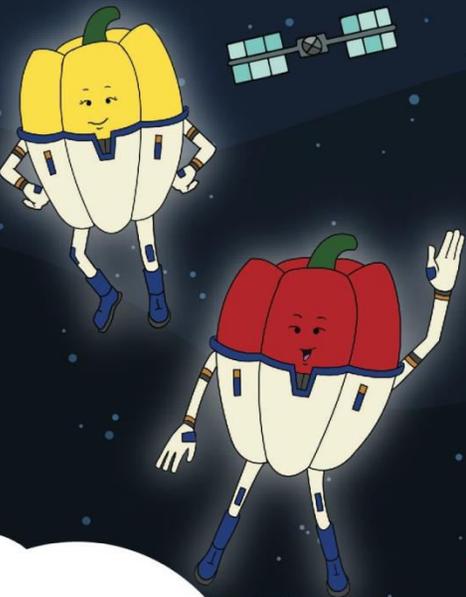
Breakfast- Mini Pancakes
Lunch-Tiger chicken, fixins, Tots, baby carrots, peaches, orange, milk
27.

Breakfast- Kolache
Lunch- Spaghetti, 2 bread stick, salad, corn, peaches, orange, milk
28.

Breakfast- Biscuit, Sausage
Lunch-Nachos, meat, cheese, pinto beans, rice, mini carrots, pineapple, orange, milk
Option-Burritio
31.

Special Announcements:
Welcome Back!

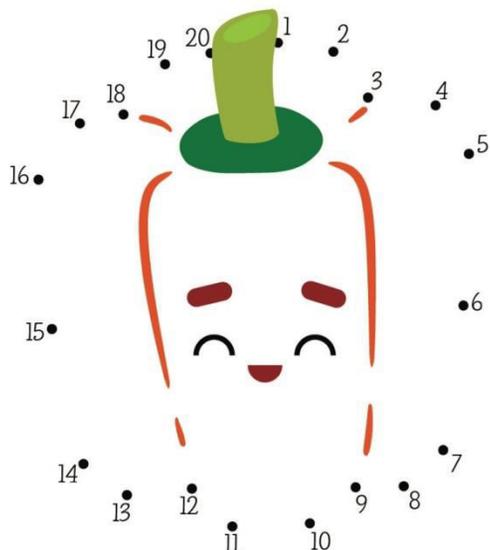




PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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www.SquareMeals.org