

# NOVEMBER

2020

## Joaquin ISD Breakfast Menu

Joaquin ISD Breakfast Menu  
 FREE SCHOOL MEALS FOR ALL CHILDREN  
 THROUGHOUT THE ENTIRE 2020-2021 SCHOOL YEAR



**m**  
 Chicken-n-Biscuit  
 Assorted Cereals  
 Nutri-Grain Bars  
 Grape Jelly  
 Mandarin Oranges  
 Assorted Juice  
 2.

**t**  
 Breakfast Bites  
 Assorted Cereals  
 Fruity Cheerios Bar  
 Syrup  
 Peach  
 Assorted Juice  
 3.

**w**  
 Pancakes  
 Syrup  
 Assorted Cereals  
 Yogurt  
 Pears  
 Assorted Juice  
 4.

**th**  
 Sausage-n-Biscuit  
 w/Jelly  
 Assorted Cereals  
 Nutri-Grain Bars  
 Orange Wedges  
 Assorted Juice  
 5.

**f**  
 Breakfast Pizza  
 Assorted Cereals  
 French Toast  
 Applesauce Cup  
 Assorted Juice  
 6.

Bacon Egg-n-Biscuit  
 Assorted Cereals  
 Nutri-Grain Bars  
 Grape Jelly  
 Mandarin Oranges  
 Assorted Juice  
 9.

**Breakfast Burrito**  
 Assorted Cereals  
 Fruity Cheerios Bar  
 Peach  
 Assorted Juice  
 10.

Blueberry Pancakes  
 Syrup  
 Assorted Cereals  
 Yogurt  
 Pears  
 Assorted Juice  
 11.

Sausage-n-Biscuit  
 w/Jelly  
 Assorted Cereals  
 Nutri-Grain Bars  
 Orange Wedges  
 Assorted Juice  
 12.

Breakfast Pizza  
 Assorted Cereals  
 French Toast  
 Applesauce Cup  
 Assorted Juice  
 13.

Chicken-n-Biscuit  
 Assorted Cereals  
 Nutri-Grain Bars  
 Grape Jelly  
 Mandarin Oranges  
 Assorted Juice  
 16.

**Hot Pocket**  
 Assorted Cereals  
 Fruity Cheerios Bar  
 Peach  
 Assorted Juice  
 17.

Mini Waffle  
 Syrup  
 Assorted Cereals  
 Yogurt  
 Pears  
 Assorted Juice  
 18.

Sausage-n-Biscuit  
 w/Jelly  
 Assorted Cereals  
 Nutri-Grain Bars  
 Orange Wedges  
 Assorted Juice  
 19.

Breakfast Pizza  
 Assorted Cereals  
 French Toast  
 Applesauce Cup  
 Assorted Juice  
 20.

**SCHOOL HOLIDAY**  
 23.

**SCHOOL HOLIDAY**  
 24.

**SCHOOL HOLIDAY**  
 25.

**THANKSGIVING DAY**  
 26.

**SCHOOL HOLIDAY**  
 27.

Bacon Egg-n-Biscuit  
 Assorted Cereals  
 Nutri-Grain Bars  
 Grape Jelly  
 Mandarin Oranges  
 Assorted Juice  
 30.

**Special Announcements:** Meals are also provided 10:00 A. M. To 10:45 A.M. at the cafeteria loading dock in the bus lane for students doing virtual learning and children 18 and younger in our area. Children must be present and have a face mask on 4th grade and up.  
 Choice of milk everyday: White 1% Low Fat or Flavored Fat Free. Menus are subject to change without notice.

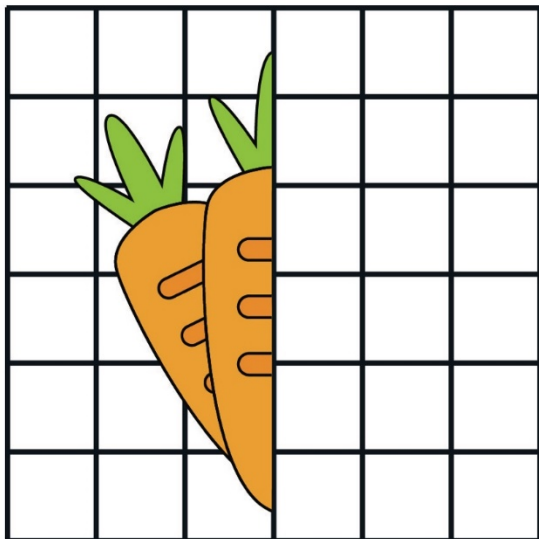




# COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

COMPLETE THE DRAWING



**DID YOU KNOW?**

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.





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Joaquin ISD Lunch Menu  
FREE SCHOOL MEALS FOR ALL CHILDREN  
THROUGHOUT THE ENTIRE 2020-2021 SCHOOL YEAR



**m**  
French Bread Pizza  
Whole Kernel Corn  
Veggie Salad Bar  
Fresh Strawberries  
Mandarin Oranges  
2.

**t**  
Steak Fingers  
Mac and Cheese  
Sweet Potatoes  
Breadstick  
Apple Wedges  
Peach  
3.

**w**  
Popcorn Chicken  
Mashed Potatoes w/Gravy  
Green Beans  
Whole Grain Roll  
Mixed Grapes  
Pears  
4.

**th**  
Crispy Tacos  
Spanish Rice  
Chili Beans  
Sliced Peppers & Salsa  
Orange Wedges  
Mixed Fruit  
5.

**f**  
Chicken or Hamburger  
on Bun w/Cheese  
Fries  
Veggie Salad Bar  
Apple Slices  
Sidekick Straw/Mango  
6.

Stuffed Crust Pizza  
Whole Kernel Corn  
Veggie Salad  
Fresh Strawberries  
Mandarin Oranges  
9.

Chicken Tenderloin  
Tater Tots  
Glazed Carrots  
Breadstick  
Apple Wedges  
Peach  
10.

Salisbury Steak w/Gravy  
Mashed Potatoes w/Gravy  
Green Beans  
Whole Grain Roll  
Mixed Grapes  
Pears  
11.

Asian Glazed Chicken  
Fried Rice  
Pinto Beans  
Orange Wedges  
Mixed Fruit  
Fortune Cookie  
12.

Chicken or Hamburger  
on Bun w/Cheese  
Fries  
Veggie Salad Bar  
Apple Slices  
Sidekick Straw/Kiwi  
13.

French Bread Pizza  
Whole Kernel Corn  
Veggie Salad  
Fresh Strawberries  
Mandarin Oranges  
16.

**THANKSGIVING LUNCH**  
Chicken and Dumplings  
Whole Grain Roll  
Green Peas  
Sweet Potatoes & Cranberry Sauce  
Mix Fruit Salad  
17.

Chicken Nuggets  
Mashed Potatoes w/Gravy  
Green Beans  
Whole Grain Roll  
Mixed Grapes  
Pears  
18.

Meaty Nachos  
Spanish Rice  
Refried Beans  
Sliced Peppers & Salsa  
Orange Wedges  
Mixed Fruit  
19.

Chicken or Hamburger  
On Bun w/Cheese  
Fries  
Veggie Salad Bar  
Apple Slices  
Sidekick Cherry/Lemon  
20.

SCHOOL HOLIDAY  
23.

SCHOOL HOLIDAY  
24.

SCHOOL HOLIDAY  
25.

THANKSGIVING DAY  
26.

SCHOOL HOLIDAY  
27.

Pizza Wedges  
Whole Kernel Corn  
Veggie Salad Bar  
Mixed Fruit  
Mandarin Oranges  
30.

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Choice of milk everyday: White 1% Low Fat or Flavored Fat Free. Menus are subject to change without notice. Chef Salad on Monday and Thursday.

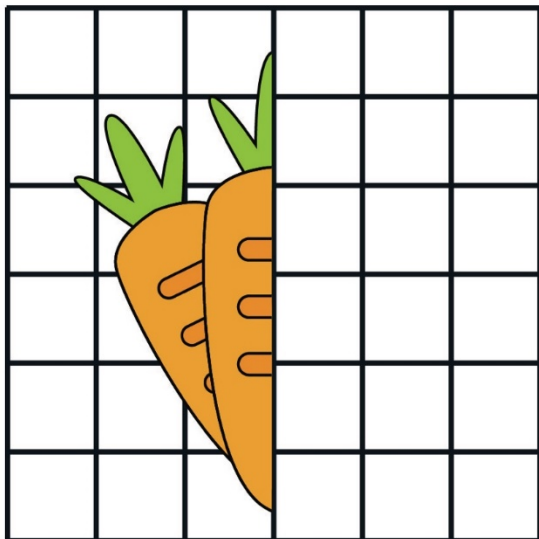




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