

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

# FEBRUARY



## MONDAY

Breakfast- French toast sticks  
Lunch- Mini corn dogs, carrots, broccoli, fruit mix, milk

1

Breakfast- Mini Pancakes  
Lunch- Stuffed crust Pizza, corn, salad, oranges, milk

8

Breakfast- Biscuit, gravy  
Lunch- Soft Chicken taco, lettuce, cheese, refried beans, pineapple, milk

15

Breakfast- Sausage, biscuit  
Lunch- Hot ham & cheese, pickle spears, broccoli, chips, milk

22

Breakfast- Mini Pancakes  
Lunch- Pizza, corn, salad, oranges, milk

29

## TUESDAY

Breakfast- Scrambled eggs, toast  
Lunch- Chicken strips, potatoes, green beans, fruit, milk

2

Breakfast- Pizza  
Lunch- Hot Dog, chips, carrots, pears, milk

9

Breakfast- French toast sticks  
Lunch- Chicken nuggets, tots, green beans, fruit, milk

16

Breakfast- Chicken Biscuit,  
Lunch- Steak fingers, potatoes, gravy, corn, fruit

23

## WEDNESDAY

Breakfast- Biscuit, gravy  
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk

3

Breakfast- Omelet, toast  
Lunch- Baked Potato, ham, cheese, bread stick, broccoli, fruit, milk

10

Breakfast- Biscuit, Sausage  
Lunch- Grilled cheese, soup, salad, peaches, milk

17

Breakfast- Kolache  
Lunch- Beef Tips & rice, green beans, roll trop. fruit, milk

24

## THURSDAY

Breakfast- Sausage, Toast  
Lunch- Beef Taco Pie, pinto beans, tortilla chip, pineapple, milk

4

Breakfast- Pancake on a stick  
Lunch- Bag Lunch

Early release

11

Breakfast- Burrito  
Lunch- BBQ Sandwich-broccoli, sweet tots, tropical fruit, milk

18

Breakfast- Pizza  
Lunch- Nachos, meat, cheese, pinto beans, fruit, pineapple

25

## FRIDAY

Breakfast- Waffles  
Lunch- Tiger Burger, fixins, fries, fruit, milk

5

No School!!!

12

Breakfast- Pancake on a stick  
Lunch- Tiger chicken, fixins, fries, fruit, milk

19

Breakfast- Waffles  
Lunch- Tiger Burger, fixins, fries, fruit, milk

26

## GOOD EATS AT:

Tenaha ISD

Elementary & Junior High

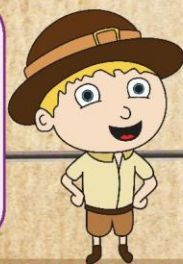


## SPECIAL ANNOUNCEMENTS

### Happy Valentine's Day!!

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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!

