



DECEMBER

2020

Tenaha ISD High School



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

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Breakfast- Pizza
Lunch- Chicken Rings, roll,, potatoes, gravy, green beans, baby carrots, pears, apples, milk
Option- Steak fingers

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Breakfast- Mini Pancakes
Lunch-Tiger chicken, cheese fixins, Tots, baby carrots, peaches, orange, milk
Option- Pizza

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Breakfast-Biscuit, gravy, fruit juice, milk
Lunch- Spaghetti, 2bread stick, salad, corn, peaches, orange, milk

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Breakfast- Scrambled eggs, toast
Lunch-Beef Taco Pie, tortilla chips, pinto beans, salad, fruit, milk, rice
Option- Burrito

Breakfast- French Toast Sticks
Lunch-Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk , pudding
Option- Chicken Sand.

Breakfast- Sausage, Biscuit
Lunch- Chicken fried steak, roll, potatoes, gravy, black eyed peas, pears, orange, milk,
Option-Chicken rings

Breakfast- Pancake on a stick
Lunch-Baked Potato, ham, cheese, 2 bread stick, broccoli, baby carrots, pears, orange milk
Option- Pizza

Breakfast-Pizza
Lunch- Grilled cheese, SOUP, carrot stick, salad, peaches, milk

Breakfast- Pizza
Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice
Option-Burrito

Breakfast- Biscuit, Gravy
Lunch- Fish Sticks, mac & cheese, salad, carrots, fruit, milk
Option-Chicken Strips

Breakfast- Sausage, Biscuit
Lunch- Chicken Strips, potatoes, gravy, roll, green beans, baby carrots, pears, apples, milk
Option—Steak Fingers

Breakfast- Cinnamon Roll, yogurt
Lunch-Tiger Burger, fixins, Smiley Fries, peaches, orange, baby carrots, ,milk
Option-Pizza

Breakfast-Mini Pancakes
Lunch- Bag Lunch
Early Release

MERRY CHRISTMAS & HAPPY

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NEW YEAR!!!

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Special Announcements:

Enjoy your Christmas Break!!



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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