



MAY

2021

RULE ISD LUNCH



COUNTRY FRIED STEAK,
MASHED POTATOES, GRAVY,
OKRA, TX TOAST,
STRAWBERRIES, MILK
3.

MEAT AND CHEESE CHALUPAS
REFRIED BEANS, SALSA, ZESTY
CUCUMBERS, SPANISH RICE,
ROSY APPLESAUCE, MILK
4.

CHICKEN TENDERS,
MAC&CHEESE, COLESLAW,
GREEN BEANS, MANDARIN
ORANGES, RICE KRISPY TREAT,
MILK
5.

PIZZA, GARDEN SALAD, GLAZED
CARROTS, PEACHES, MILK
6.

HAMBURGER/CHEESEBURGERS
CHIPS, STEAMED BROCCOLI,
BABY CARROTS, MIXED FRUIT,
COOKIE, MILK
7.

SLOPPY JOES, TATER TOTS
VEGETABLE MEDLEY, PEARS,
COOKIE, MILK
10.

FRENCH BREAD PIZZA
w/MARINARA SAUCE, GARDEN
SALAD, CALIFORNIA BLEND
VEGETABLES, APPLE SLICES,
CHOCOLATE PUDDING, MILK
11.

CHICKEN QUESADILLA, CORN,
CHARRO BEANS, SALSA,
ORANGE SMILES, MILK
12.

HAMBURGER/CHEESEBURGERS
FRIES, BABY CARROTS
PINEAPPLE-APPLE D'LIGHT,
MILK
13.

NO SCHOOL
14.

MANAGERS CHOICE
17.

MANAGERS CHOICE
18.

MANAGERS CHOICE
19.

MANAGERS CHOICE
20.

NO SCHOOL
21.

MANAGERS CHOICE
24.

MANAGERS CHOICE
25.

MANAGERS CHOICE
26.

PB&J SACK LUNCHES
HAVE A GREAT SUMMER!
27.

SUMMER BREAK
28.

SUMMER BREAK
31.

Special Announcements:
MENU FOR MAY17-27 WILL BE UPDATED BY THE 13TH... MENU SUBJECT TO CHANGE DUE TO DELIVERY
IRREGULARITIES... ADDITIONAL FRUIT AND MILK OFFERED TO HIGH SCHOOL



BERRY BLAST OFF

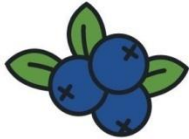


The first space shuttle test flight took place in 1981 and the last shuttle launched in 2011. Over 30 years there were a total of 135 missions that all launched from the Kennedy Space Center in Florida. Scientists and engineers in Texas provided ground support for all the space shuttle missions. NASA retired the space shuttle fleet to make way for a new exploration program aimed at sending astronauts on deep space missions to an asteroid and, eventually, Mars.

NUMBER MATCH



1



5



6



3



DID YOU KNOW?

Blueberries are plump, juicy and sweet berries that grow in Texas. They grow on a bush that can get up to 12 feet tall. Blueberries are pale greenish at first, then reddish-purple, and finally, dark purple when ripe, but they turn red-purple when cooked.

Blueberries are a very good source of vitamin K, vitamin C and manganese. Blueberries are also a good source of fiber. Fiber is a carbohydrate that promotes digestive health. Blueberries are good for making pancakes, muffins, and many other foods.



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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