



FEBRUARY

2021

BURNHAMWOOD CHARTER
SCHOOL



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m

Assorted cereal
Cookies
Juice
Fruit
Milk

1.

t

Waffles w syrup
Juice
Fruit
Milk

2.

w

Scrambled eggs - biscuit
Bacon
Juice
Fruit
Milk

3.

th

Cereal bar
Yogurt
Juice
Fruit
Milk

4.

f

Chocolate chip cookies
Cheese string
Juice
Fruit
Milk

5.

Assorted cereal
Corn bread
Juice
Fruit
Milk

8.

Cinnamon sugar donut
Juice
Fruit
Milk

9.

Egg sausage biscuit
Sandwich
Juice
Fruit
Milk

10.

Concha Bread
Juice
Fruit
Milk

11.

Pancakes w syrup
Juice
Fruit
Milk

12.

Assorted cereal
Cookies
Juice
Fruit
Milk

15.

Breakfast corndog
Syrup
Juice
Fruit
Milk

16.

Potatoes w/ Chorizo
Bread
Juice
Fruit
Milk

17.

French toast w syrup
Juice
Fruit
Milk

18.

Assorted cereal
Muffin
Juice
Fruit
Milk

19.

Assorted cereal
Banana bread
Juice
Fruit
Milk

22.

Poptarts
Juice
Fruit
Milk

23.

Scrambled eggs - biscuit
Bacon
Juice
Fruit
Milk

24.

Breakfast pizza
Juice
Fruit
Milk

25.

Mini Donuts
Juice
Fruit
Milk

26.



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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BOOSTER ROCKET BEEF

If you want to fly into space, it will take powerful rockets to push your spacecraft off the ground. The rocket engine pushes gas out its back, and the gas makes the rocket move forward. A rocket is different from a jet engine. A jet engine needs air to work, but a rocket engine doesn't need air. A rocket engine carries with it everything it needs, and it works in space, where there is no air.



DID YOU KNOW?

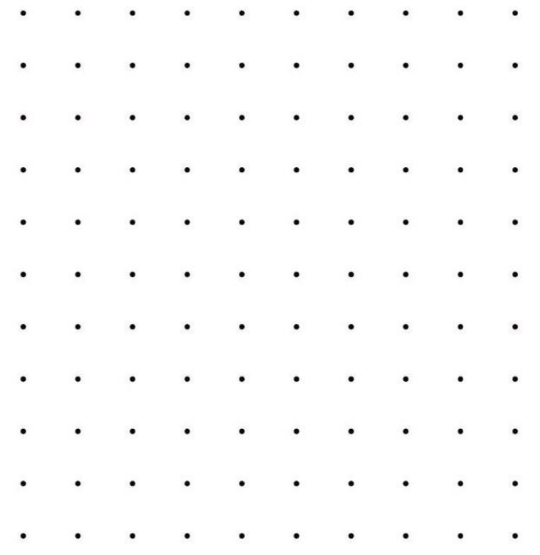
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is easily absorbed by your body when you eat it.

Beef is raised on ranches all over the state and Texas is the number 1 beef producer in the nation with 12 million head of cattle.



DOTS AND BOXES

Each player takes a turn drawing one line. If that completes a square, the player then writes their initial in the box and gets to draw another line. Play will continue until all the dots have been connected. The player with the most boxes wins the game!



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