



FEBRUARY

2021

LONG EARLY LEARNING CENTER



Special Announcements:

ALLERGIES:

(8) Cheese, (6) Yogurt, (2) Peanuts, Oranges, Fruit, (2) Peaches, Eggs, Milk, Mozzarella Cheese, Cashews, Tree Nuts, Dairy Products

m

WG Bread Stick
IW Tomato Sauce Cups
1.

t

.4 oz WG Goldfish
½ Cup Fresh Apple
2.

w

1/4C Cottage Cheese
½ C Mandarin Oranges
3.

th

.4oz MG Crackers (5)
½ Boiled Egg
4.

f

½ Slice WW Bread
½ oz Chicken Salad
5.

.4oz Wheat Thins
½ oz String Cheese
8.

1/3 C Cheerios
1 Fresh Clementine's
9.

.4 oz Goldfish Pretzels
1 Fresh Banana
10.

½ Slice WW Bread
½ oz Tuna Salad
11.

Tostitos Chips
2 oz HM Hummus
12.

WG Graham Crackers
½ C Applesauce
15.

.4 oz Cheez Its
½ C Pineapples
16.

.4oz Yogurt
1 Fresh Banana
17.

.4 oz Goldfish Pretzels
2 oz HM Bean Dip
18.

½ Cup Grapes
½ oz String Cheese
19.

WG Bread Stick
IW Tomato Sauce Cups
22.

.4 oz WG Goldfish
½ Cup Fresh Apple
23.

1/4C Cottage Cheese
½ C Mandarin Oranges
24.

.4oz MG Crackers (5)
½ Boiled Egg
25.

½ Slice WW Bread
½ oz Chicken Salad
26.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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?

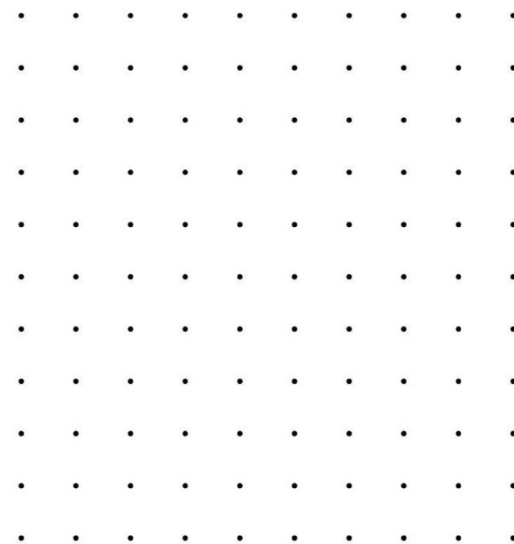
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is 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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