



# FEBRUARY

2021

## CROCKETT EARLY HEAD START



### Special Announcements:

#### Abbreviations:

BB=Blueberries, BlkB=Blackberries, Bfst= Breakfast, Cin.= Cinnamon, Cnd.= Canned, Crkr= Cracker, Cnt.= Cantaloupe, Drsg= Dressing, Frz.=Frozen, Fsh=Fresh, HM=Homemade, Man.Oranges=Mandarin Oranges, P.Bean=Pinto

WATER IS SERVED/OFFERED AT EVERY MEAL/SNACK

**m**

HM Teriyaki Chicken w/ Japanese Veggies  
B. Rice Cnd. Man. Oranges  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Frz. F.Toast Sticks	Wheat Thins
Frz. Peaches	HM Bean Dip
Milk	

1.

**t**

HM Beef Vegetable Soup Saltine Crackers  
Frz. Peas&Carrots Cnd Tropical Fruit  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Chz Toast	Animal Crackers
Cnd. Apricots	Milk
Milk	

2.

**w**

Frz. Fish Sticks Frz. Rolls  
Frz. Broccoli Jello Salad  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WG Cereal	Cheez Its
Fresh Banana	Cnd Pears
Milk	

3.

**th**

HM Turkey Spaghetti WG Pasta  
Fsh. Garden Salad Frz. Broccoli Normandy  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
HM/WW Zucchini Sqrs.	Yogurt
Mixed Fruit	Frz. RB
Milk	

4.

**f**

Grilled Cheese Sandwich WW Bread  
Canned Tom Soup Roasted Veggies  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Bfast Rice	Graham Crackers
Cnd. Apricots	Milk
Milk	

5.

HM Chicken Spaghetti WW Pasta  
Frsh. Kale Frz. Mangos  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Frz. WG Pancakes	Club Cracker
Frz. BB	Cheese
Milk	

8.

HM Sloppy Joes Hamburger Bun  
Frz. Broccoli Roasted Veggies  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Toast	HM/WW Carrot
Cnd. Applesauce	Spice Square
Milk	

9.

HM Stir-Fried Rice w/ Ham B.Rice  
Frz. Carrots Frz. RB  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WG Cereal	WG English Muffin
Fsh. Banana	Tuna salad
Milk	

10.

HM Turkey Pasta Primavera WG Pasta  
Frz. Broccoli FZ. BB  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
HM/WW Zucchini Sqrs.	HM Granola
Mixed Fruit	Yogurt
Milk	

11.

HM Cheese Pizza WG English Muffins  
Fsh Salad Fresh Cantaloupe  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Toast	Frz. Boiled Egg
Cnd. Baked Apples	Ritz Cracker
Milk	

12.

HM Chicken Noodle Soup WG Pasta  
Mixed Veggies Cnd. Pineapples.  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WG Waffles	Club Crackers
Cnd. Peaches	Fsh. Avocado Dip
Milk	

15.

HM Beef Empanadas Crust  
Fsh. Salad Mixed Veggies  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Bfast Rice	Animal Crackers
Cnd. Baked Apples	Milk
Milk	

16.

HM Mac and Chz w/Ham  
Frz. Greens WG Pasta  
Cnd. Man. Oranges Milk

<u>Breakfast</u>	<u>PM Snack</u>
WG Cereal	Cheez Its
Fresh Banana	Cnd. Applesauce
Milk	

17.

HM Turkey Casserole WG Pasta  
Cnd. Corn Frz. Sweet Peas  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
HM/WW Banana Sqrs.	Cottage Cheese
Cnd. Pears	Frz. Peaches
Milk	

18.

HM Chicken Broccoli and Cheese  
Casserole Brown Rice  
Frz. Squash Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Toast	Boiled Eggs
Cnd. Apricots	Crackers
Milk	

19.

HM Chicken and Brown Rice  
Frz. Greens Cnd. Mand Oranges  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Frz. WG Pancakes	MG Crackers
w/V. Yogurt	Frz. Avocado Dip
Frz. SB	
Milk	

22.

HM Hamburgers WG Buns  
HM Potato Cube Cnd. Man. Oranges  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Chz.Toast	HM/WW
Cnd Peaches	Carrot Spice Sqr.
Milk	

23.

HM Hawaiian Pizza w/Trky Ham  
Frz. G. Beans WG English Muffins  
Frz. RB Milk

<u>Breakfast</u>	<u>PM Snack</u>
WG Cereal	WG Goldfish
Fsh. Banana	Cnd. Pears
Milk	

24.

HM Turkey Tetrazzini WG Pasta  
Frz. Peas and Carrots Mixed Fruit  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
WW Toast	Cottage Cheese
Frz. BB	Frz. Pineapples
Milk	

25.

HM Bean Enchilada WW Tortilla  
Fsh Salad Cnd. Peaches  
Milk

<u>Breakfast</u>	<u>PM Snack</u>
Scr. Eggs	Animal Crackers
Cnd. Bkd Apples	Milk
Milk	

26.



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**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?

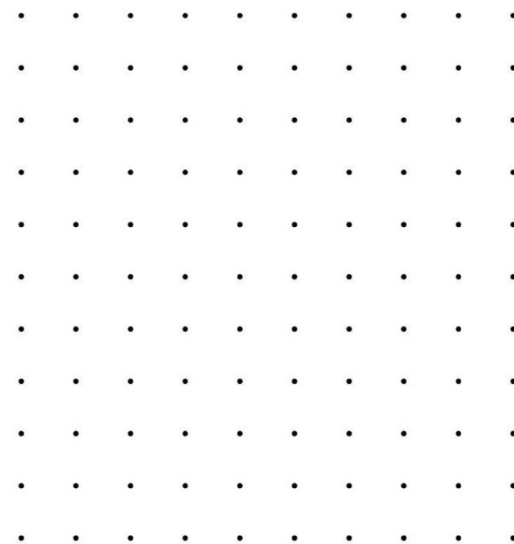
Beef is a protein food that has nutrients to fuel a strong healthy body. Texas Beef comes in many forms like steaks, roasts, and ground beef. Texas Beef is an excellent source of protein, niacin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is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