



I'm on your team...
RUBY RED BEAM

FEBRUARY

2019

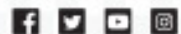
GOOD EATS AT

Sinton Elementary Breakfast Menu

SPECIAL ANNOUNCEMENTS

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide breakfast for all students at no charge for the 2018-2019 school year. **The breakfast meal requires students to select a fruit or juice as part of their breakfast meal.** Available milk flavors: 1% White and Fat Free Chocolate Menu subject to change based on product availability.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA. This institution is an equal opportunity provider.

M

ART CONTEST BEGINS

T

"You ART What You Eat" Art Contest STARTS FEBRUARY 4TH
squaremeals.org/artcontest

W

TH

F

1. Breakfast Pizza
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **4**

1. Bacon/Egg/Cheese Breakfast Taco
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **5**

1. Glazed Donut
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **6**

1. Oatmeal
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **7**

1. Pig in Blanket
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **8**

1. Ham/Egg/Cheese Bar
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **11**

1. Sausage/Egg/Cheese Breakfast Taco
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, **Strawberries** Juice, Milk: Variety **12**

1. **Strawberry Banana Muffin**
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **13**

1. **Strawberry Splash Mini Pancakes**
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **14**

1. Scrambled Eggs with Biscuit & Gravy
2. Assorted Cereal
3. **Yogurt Parfait Bar**
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **15**

1. Blueberry Pancake & Sausage on a Stick, Syrup
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **18**

1. Potato/Egg/Cheese Breakfast Taco
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **19**

1. Donut Holes
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **20**

1. Assorted Muffins
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **21**

1. Breakfast on a Bun
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **22**

1. Ham/Egg/Cheese Bar
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **25**

1. Sausage/Egg/Cheese Breakfast Taco
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **26**

1. French Toast Sticks
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **27**

1. Assorted Breakfast Items
2. Assorted Cereal
3. Yogurt
Sides: Toast, Breakfast Crackers, Fruit, Juice
Milk: Variety **28**

February Breakfast Celebrations

We Love Our Customers Week!
Feb. 11th – Feb. 14th

Available on Feb. 14th:
Naturally flavored Fat Free Strawberry Milk

FEBRUARY

2019



I'm on your team...
RUBY RED BEAM

M

ART CONTEST BEGINS

T

"You ART What You Eat" Art Contest STARTS FEBRUARY 4TH
squaremeals.org/artcontest

W

TH

F

GOOD EATS AT

Sinton Elementary Lunch Menu

Note: This site is unable to serve Peanut Butter due to contact allergies.

SPECIAL ANNOUNCEMENTS

Please note: Sinton ISD is approved by the Texas Department of Agriculture to operate the Community Eligibility Program which allows the Sinton ISD Food Service Department to provide lunch for all students at no charge for the 2018-2019 school year.

The lunch meal requires students to select a fruit or vegetable as part of their lunch meal.

Menu subject to change based on product availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

1. Grilled Cheese & Soup
2. Yogurt/Fruit/Cheese

Sides: Baked Beans, Baby Carrots, Apple Slices
Milk: Variety **4**

1. Steak Fingers, Gravy
2. Ham Chef Salad Plate

Sides: Roll, Cucumber Slices, Mashed Potatoes, Steamed Corn, Fruit Cup
Milk: Variety **5**

1. Pirate Burgers
2. Tuna Sandwich
Sides: French Fries, Baby Carrots, Burger Toppings, Craisins,
Milk: Variety
Mini Rice Krispies Treat **6**

1. Rotini w/ Meat Sauce
2. Ham & Cheese Sandwich
Sides: Breadstick, Steamed Broccoli, Salad
Fruit Cup,
Milk: Variety **7**

1. Chili Cup w/ Cornbread
2. Ham & Chz. Sandwich
Sides: Cheez It Crackers, Pinto Beans, Baby Carrots, Fruit Cup,
Milk: Variety
BIRTHDAY ICECREAM **1**

1. Chkn. Fajitas, Tortilla
2. Turkey & Cheese Sandwich Plate
Sides: Pinto Beans, Baby Carrots, Rice, Fruit Cup, Lettuce/Tomato,
Milk: Variety **8**

1. BBQ Chicken on Bun
2. Yogurt/Fruit/Cheese

Sides: **Heartzel Pretzels**, Baked Beans, Baby Carrots, Apple Slices
Milk: Variety **11**

1. **Chicken Drumstick & Waffles w/ syrup**
2. Baked Potato Plate
Sides: Cucumber Slices, Waffle Fries, Steamed Corn, Fruit Cup
Milk: Variety **12**

1. Pirate Burgers
2. Tuna Sandwich
Sides: French Fries, Baby Carrots, Burger Toppings, Raisels,
Milk: Variety **13**
Cherry Vanilla Icecream

1. Pepperoni Pizza
2. Ham & Cheese Sandwich
Sides: Breadstick, Steamed Broccoli, Salad
Fruit Cup, **Heart Cookies**
Milk: Variety **14**

1. Beef & Cheese Nachos
2. Turkey & Cheese Sandwich
Sides: Pinto Beans, Baby Carrots, Rice
Fresh Strawberries,
Milk: Variety **15**

1. Mini Corn Dogs
2. Yogurt/Fruit/Cheese

Sides: Baked Beans, Baby Carrots, Apple Slices
Milk: Variety **18**

1. Creamy Chicken & Rice
2. Ham Chef Salad Plate

Sides: Roll, Mashed Potatoes, Green Beans, Sliced Cucumbers, Fruit
Milk: Variety **19**

1. Pirate Burgers
2. Tuna Sandwich
Sides: French Fries, Baby Carrots, Burger Toppings, Craisins,
Milk: Variety **20**
Cherry Pie Fruit Pocket

1. Beefy Mac & Cheese
2. Ham & Cheese Sandwich
Sides: Breadstick, Steamed Broccoli, Salad
Fruit Cup,
Milk: Variety **21**

1. Crispy Beef Tacos
2. Turkey & Cheese Sandwich
Sides: Pinto Beans, Baby Carrots, Rice
Fruit Cup,
Milk: Variety **22**

1. Chicken Burger
2. Yogurt/Fruit/Cheese

Sides: Baked Beans, Baby Carrots, Apple Slices
Milk: Variety **25**

1. Salisbury Steak & Gravy
2. Ham Chef Salad Plate
Sides: Roll, Gravy, Mashed Potatoes,
Green Beans, Sliced Cucumbers, Fruit
Milk: Variety **26**

1. Pirate Burgers
2. Tuna Sandwich
Sides: French Fries, Baby Carrots, Burger Toppings, Raisels,
Milk: Variety **27**
Assorted Cookies

1. Cheese Pizza
2. Ham & Cheese Sandwich
Sides: Breadstick, Steamed Broccoli, Salad
Fruit Cup
Milk: Variety **28**

February Breakfast Celebrations ...

Feb 1-4: "Souper" Bowl

Feb. 1: Celebrate February Birthdays: Birthday Ice Cream

Feb. 11th - Feb. 14th We Love Our Customers Week! See menu for fun items. Available on Feb. 14th: Naturally flavored Fat Free Strawberry Milk

Feb. 20: National Cherry Pie Day