

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

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GOOD EATS AT

Smith Middle School 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/juice or vegetable 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.

1. Breakfast Pizza
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **4**

1. Bacon/Egg/Chz. Taco
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **5**

1. Glazed Donut
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **6**

1. Oatmeal
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **7**

1. Scrambled Eggs w/ Biscuits & Gravy
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice

1. Pig in Blanket
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **8**

1. Ham/Egg/Cheese Bar
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **11**

1. Sausage/Egg/Chz. Taco
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, **Strawberries**, Juice, **12**

1. Cinnamon Roll
 2. Assorted Muffins: **New: StrwbYBan. Muffin**
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: : Toast, Breakfast Crackers, Fruit, Juice, **13**

1. **Strawberry Splash Mini Pancakes**
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **14**

1. Scrambled Eggs w/ Biscuits & Gravy
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. **Yogurt Parfait Bar**
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **15**

1. Pancake on Stick, Syrup
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **18**

1. Potato/Egg/Chz. Taco
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **19**

1. Donut Holes
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **20**

1. Waffle Bar
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **21**

1. Breakfast on a Bun
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **22**

1. Ham/Egg/Cheese Bar
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **25**

1. Sausage/Egg/Chz. Taco
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **26**

1. French Toast Sticks
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **27**

1. Asst. Breakfast Items
 2. Assorted Muffins
 3. Assorted Cereal
 4. Assorted Pastries
 5. Yogurt
- Sides: Toast, Breakfast Crackers, Fruit, Juice, **28**

February Breakfast Celebrations

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

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

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**GOOD
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**Smith Middle
School
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. Milk choice
available daily.**

Menu subject to change based
on product availability.

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1. Pepperoni Pizza
2. Grilled Cheese & Soup
3. Yogurt/Fruit/Cheese
4. Ham & Chz. Sandwich
Sides: Baby Carrots,
Tater Tots, Baked Beans,
Asst. Sunchips, Fruit

1. Corn Dog
2. BBQ Chicken on Bun
3. Yogurt/Fruit/Cheese
4. Ham & Chz. Sandwich
Sides: Baby Carrots,
Tater Tots, Baked Beans,
Heartzel Pretzels, Fruit

1. Cheese Pizza
2. BBQ Chicken on Bun
3. Yogurt/Fruit/Cheese
4. Ham & Chz. Sandwich
Sides: Baby Carrots,
Tater Tots, Baked Beans,
Asst. Sunchips, Fruit

1. Hot Dog/ Chili Chz Dog
2. BBQ Chicken on Bun
3. Yogurt/Fruit/Cheese
4. Ham & Chz. Sandwich
Sides: Baby Carrots, Tater
Tots, Baked Beans, Asst
Sunchips, Fruit

1. Steak Fingers, Gravy
2. Popcorn Chicken
3. Ham Chef Salad Plate
4. Ham& Chz. Sandwich
Sides: Roll, Gravy
Mashed Potatoes,
Steamed Corn, Sliced
Cucumbers, Fruit

1. **Chicken Drumstick &
Waffles w/ syrup**
2. Popcorn Chicken
3. Ham Chef Salad Plate
4. Ham& Chz. Sandwich
Sides: Waffle Fries,
Steamed Corn, Sliced
Cucumbers, Fruit

1. Creamy Chicken & Rice
2. Popcorn Chicken
3. Ham Chef Salad Plate
4. Ham& Chz. Sandwich
Sides: Roll, Gravy Mashed
Potatoes, Green Beans,
Fruit, Sliced Cucumbers

1. Salisbury Steak, Gravy
2. Popcorn Chicken
3. Ham Chef Salad Plate
4. Ham& Chz. Sandwich
Sides: Roll, Mashed
Potatoes, Green Beans,
Sliced Cucumbers, Fruit

1. Pirate Burgers
2. Chicken Burger
3. Baked Potato Plate
4. Tuna Sandwich
Sides: Fries, B.Carrots,
Burger Toppings, Fruit,
Mini Rice Krispies Treat

1. Pirate Burgers
2. Chicken Burger
3. Baked Potato Plate
4. Tuna Sandwich
Sides: Fries, B.Carrots,
Burger Toppings, Fruit,
Cherry Vanilla Icecream

1. Pirate Burgers
2. Chicken Burger
3. Baked Potato Plate
4. Tuna Sandwich
Sides: Fries, B.Carrots,
Burger Toppings, Fruit,
Cherry Pie Fruit Pocket

1. Pirate Burgers
2. Chicken Burger
3. Baked Potato Plate
4. Tuna Sandwich
Sides: Fries, B. Carrots.
Burger Toppings Fruit,
Assorted Cookies

1. Rotini w/ Meat Sauce
2. Cheesy Breadsticks
3. Chicken Chef Salad Plate
4. Turkey & Chz Sandwich
Sides: Breadstick, Steamed
Broccoli, Salad, Fruit

1. Chicken Parmesan Bowl
2. Cheesy Breadsticks
3. Chicken Chef Salad Plate
4. Turkey & Chz Sandwich
Sides: Breadstick, Steamed
Broccoli, Salad, Fruit,
Heart Cookie

1. Beefy Mac & Cheese
2. Cheesy Breadsticks
3. Chicken Chef Salad Plate
4. Turkey & Chz Sandwich
Sides: Breadstick, Steamed
Broccoli, Salad, Fruit

1. Ravioli w/ Marinara
2. Cheesy Breadsticks
3. Chicken Chef Salad Plate
4. Turkey & Chz Sandwich
Sides: Breadstick, Steamed
Broccoli, Salad, Fruit

1. Chili Cup w/ Cornbread
2. Bean & Chz. Burrito
3. Yogurt/Fruit/Cheese
4. Ham & Chz Sandwich
Sides: Cheez It Crackers,
Pinto Beans, Baby Carrots,
Fruit
Birthday Ice Cream

1. Chkn. Fajitas, Tortilla
2. Bean & Chz. Burrito
3. Yogurt/Fruit/Cheese
4. Turkey & Chz Sandw.
Sides: Rice, Pinto Beans,
Lettuce/Tomato, Baby
Carrots, Fruit

1. Beef & Cheese Nachos
2. Cheese Quesadilla
3. Yogurt/Fruit/Cheese
4. Turkey & Chz Sandw.
Sides: Rice, Pinto Beans,
Baby Carrots, **Fresh
Strawberries**

1. Crispy Beef Tacos
2. Cheese Quesadilla
3. Yogurt/Fruit/Cheese
4. Turkey & Chz Sandw.
Sides: Rice, Pinto Beans,
Baby Carrots, Fruit