

# FEBRUARY 2019



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

**M**

**ART CONTEST BEGINS**

**T**

**"You ART What You Eat" Art Contest STARTS FEBRUARY 4<sup>TH</sup>**  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

**W**

**TH**

**F**

**GOOD EATS AT**

**Welder Elementary Breakfast Menu**

**SPECIAL ANNOUNCEMENTS**

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

- 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**

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.

**February Breakfast Celebrations**

**We Love Our Customers Week!**  
**Feb. 11<sup>th</sup> – Feb. 14<sup>th</sup>**

Available on Feb. 14<sup>th</sup>:  
**Naturally flavored Fat Free Strawberry Milk**



# FEBRUARY

2019



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**ART  
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**"You ART what You Eat"  
Art Contest  
STARTS FEBRUARY 4<sup>TH</sup>  
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**GOOD  
EATS AT**

**Welder  
Elementary  
Lunch  
Menu**

**SPECIAL  
ANNOUNCEMENTS**

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. Uncrustable PB&J Plate  
Sides: Cheez It Crackers,  
Pinto Beans, Baby Carrots,  
Fruit Cup,  
Milk: Variety  
*BIRTHDAY ICECREAM* **1**

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

**February  
Breakfast  
Celebrations...**

**Feb 1-4: "Souper" Bowl**

**Feb. 1: Celebrate  
February Birthdays:  
Birthday Ice Cream**

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

**Feb. 20: National  
Cherry Pie Day**

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. Uncrustable PB&J Plate  
  
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. Uncrustable PB&J Plate  
  
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**

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.