

# 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 Pre-K Lunch Menu

**SPECIAL ANNOUNCEMENTS**

1. Grilled Cheese & Soup  
2. Yogurt/Fruit/Cheese  
Sides: Baby Carrots, Apple Slices  
Milk : 1% White **4**

1. Steak Fingers, Gravy  
2. Ham Chef Salad Plate  
Sides: Roll, Mashed Potatoes, Fruit Cup  
Milk : 1% White **5**

1. Pirate Burgers  
2. Tuna Sandwich  
Sides: French Fries, Craisins,  
Milk : 1% White  
*Mini Rice Krispies Treat* **6**

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

1. Chkn. Fajitas, Tortilla  
2. Uncrustable PB&J Plate  
Sides: Pinto Beans, Fruit Cup,  
Milk : 1% White **8**

1. BBQ Chicken on Bun  
2. Yogurt/Fruit/Cheese  
Sides: **Heartzel Pretzels**, Baked Beans, Apple Slices  
Milk : 1% White **11**

1. **Chicken Drumstick & Waffles w/ syrup**  
2. Baked Potato Plate  
Sides: Waffle Fries, Fruit Cup  
Milk : 1% White **12**

1. Pirate Burgers  
2. Tuna Sandwich  
Sides: French Fries, Raisels,  
Milk : 1% White  
*Cherry Vanilla Icecream* **13**

1. Pepperoni Pizza  
2. Ham & Cheese Sandwich  
Sides: Salad, Fruit Cup,  
**Heart Cookie**  
Milk : 1% White **14**

1. Beef & Cheese Nachos  
2. Uncrustable PB&J Plate  
Sides: Pinto Beans,  
**Fresh Strawberries**,  
Milk : 1% White **15**

1. Mini Corn Dogs  
2. Yogurt/Fruit/Cheese  
Sides: Baby Carrots, Apple Slices  
Milk : 1% White **18**

1. Creamy Chicken & Rice  
2. Ham Chef Salad Plate  
Sides: Roll, Green Beans, Fruit Cup  
Milk : 1% White **19**

1. Pirate Burgers  
2. Tuna Sandwich  
Sides: French Fries, Craisins,  
Milk : 1% White  
*Cherry Pie Fruit Pocket* **20**

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

1. Crispy Beef Tacos  
2. Uncrustable PB&J Plate  
Sides: Pinto Beans, Fruit Cup,  
Milk : 1% White **22**

1. Chicken Burger  
2. Yogurt/Fruit/Cheese  
Sides: Baked Beans, Apple Slices  
Milk : 1% White **25**

1. Salisbury Steak & Gravy  
2. Ham Chef Salad Plate  
Sides: Roll, Mashed Potatoes, Fruit,  
Milk : 1% White **26**

1. Pirate Burgers  
2. Tuna Sandwich  
Sides: French Fries, Raisels,  
Milk : 1% White  
*Assorted Cookies* **27**

1. Cheese Pizza  
2. Ham & Cheese Sandwich  
Sides: Salad, Fruit Cup  
Milk : 1% White **28**

**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

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



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