



DECEMBER

2020

La Joya ISD Child Nutrition Services
Community Meals Curbside Menu

Meal Curbside Menu is subject to change due to availability



LJISD Community Meals

5 Breakfasts & 5 Lunches



1 Distribution Day

Monday Dec 21, 2020

11:30 am-1:00 pm

(6,000 Meals Only / available to first come first serve)




*On 12/21/20
Monday's Distribution from
11:30 am to 1:00 pm, Children
will receive Cold Meals for 5
days for the week of
December 21-25, 2020

Cereal Kit
Rotini Pasta Bowl
Pretzel
Golden Corn / Broccoli
Fruit / Milk  21.

Uncrustable
Mac & Cheese Pasta Bowl
Pretzel
Carrots / Celery Sticks
Fruit / Milk 22.

Cereal Kit
Asian Bowl
Soy Beans / IW Beans
Milk 23.

Breakfast Bagel
Pizza
Baby Carrots / IW Mashed Potato
Fruit / Milk 24.

Cereal Kit
Alfredo Pasta Bowl
Pretzel
Broccoli / Carrots
Fruit / Milk  25.

Don't forget to wear a Mask!



Special Announcements:

*Breakfast is served daily with: Fruit juice, fresh fruit, fat free and low fat milk. *Lunch is served daily with: Fresh fruit, canned fruit, fat free and low fat milk.
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La Joya ISD Child Nutrition Services



Food and Nutrition Division
National School Lunch Program and School Breakfast Program



TEXAS DEPARTMENT OF AGRICULTURE
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GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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