



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)



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. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

La Joya ISD Child Nutrition Services



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 01/2020
www.SquareMeals.org

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!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



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



Updated 01/2020
www.SquareMeals.org