



# JANUARY

2021

## Holland ISD



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### Special Announcements:

Protect yourself and others from COVID-19: Wash your hands often for 20 seconds (after being in public place, before eating, etc), avoid close contact (at least 6 feet apart), mask up when around others, cover coughs and sneezes and monitor your health daily (new unusual symptoms).

Holiday 1.

Holiday 4.

Chicken nuggets w/Roll  
Steak fingers w/Roll  
Mashed potato  
Fruit  
Milk 5.

Pizza  
Chicken pot pie  
Corn  
Fruit  
Milk 6.

Bahnmi flatbread  
Bacon chic quesadilla  
Spinach salad  
Fruit  
Milk 7.

Hot ham and cheese  
Fish sticks  
Veggie dippers  
Fruit  
Milk 8.

Breaded chicken sand  
Taco pie  
Tater tots  
Fruit  
Milk 11.

Spaghetti w/ Roll  
Hot dog  
Garden salad  
Fruit  
Milk 12.

Pizza  
Turkey panini  
Garden salad  
Fruit  
Milk 13.

Soft tacos  
Enchiladas  
Charro beans  
Fruit  
Milk 14.

Greek chicken pita  
Ravioli  
Carrot sticks  
Fruit  
Milk 15.

Holiday 18.

Thai chili flatbread  
Bread chic sand  
Garden salad  
Fruit  
Milk 19.

BBQ mac and cheese w/ Roll  
Hamburger  
Green beans  
Fruit  
Milk 20.

Corn chip pie  
Chili cheese hot dog  
Sweet tots  
Fruit  
Milk 21.

Sub sandwich  
Rib q on bun  
French fries  
Fruit  
Milk 22.

Chicken nuggets w/Roll  
Steak fingers w/Roll  
Mashed potato  
Fruit  
Milk 25.

Breaded chick sand  
Pesto chic sand  
Sweet tots  
Fruit  
Milk 26.

Pizza  
Chicken spag w/ Roll  
Corn  
Fruit  
Milk 27.

Fish sticks  
Hamburger  
Tater tots  
Fruit  
Milk 28.

Sloppy Joe  
Pep pizza munchable  
French fries  
Fruit  
Milk 29.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Updated 01/2020  
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# TEXAS STAR CITRUS

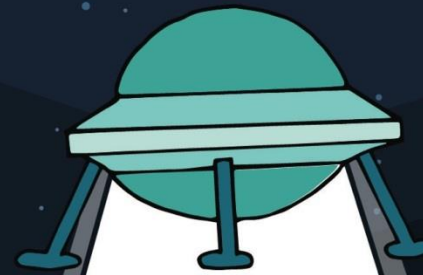
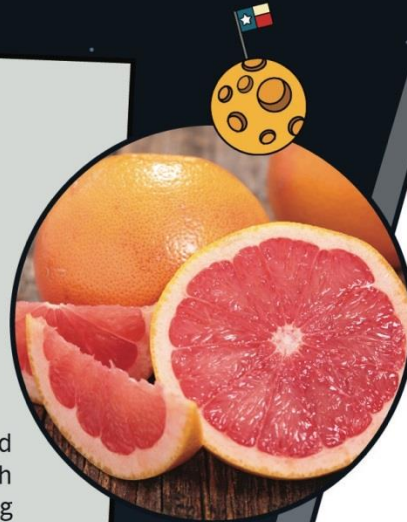
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2 years for light from the next closest star, Proxima Centauri, to travel to Earth. It is 4.2 light years away. When you see the sun, you are seeing what it looked like 8 minutes ago and you see what Proxima Centauri looked like 4.2 years ago.



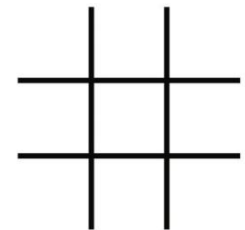
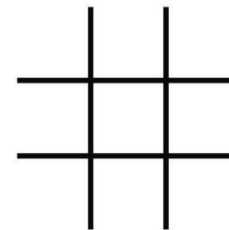
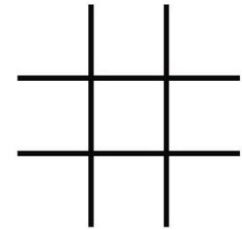
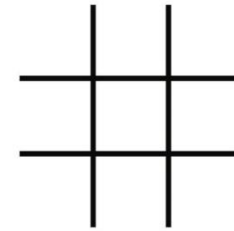
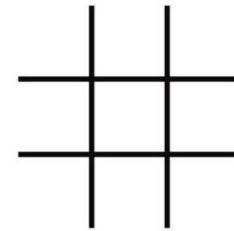
## DID YOU KNOW?

Red grapefruit is the state fruit of Texas. In 1929 Texas citrus growers discovered a special grapefruit with a red color inside. Red grapefruit became the Official State Fruit of Texas in 1993.

Many people think the red grapefruits taste sweeter. Grapefruits got their name from growing in bunches like grapes. The Texas red grapefruit is high in vitamins A and C, which means eating a Texas red grapefruit or drinking its juice, is good for the eyes and skin, and strengthens the body's immune system.



TIC-TAC-TOE



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