



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.

French toast
Cereal w/ toast
Juice
Milk

5.

Pizza bagel
Cereal w/ toast
Juice
Milk

6.

Sausage biscuit
Cereal w/ toast
Juice
Milk

7.

Muffin
Cereal w/ toast
Juice
Milk

8.

Pancakes
Cereal w/ toast
Juice
Milk

11.

Egg chs biscuit
Cereal w/ toast
Juice
Milk

12.

Pizza bagel
Cereal w/ toast
Juice
Milk

13.

Donuts
Cereal w/ toast
Juice
Milk

14.

Poptarts
Cereal w/ toast
Juice
Milk

15.

Holiday

18.

Muffins
Cereal w/ toast
Juice
Milk

19.

Pizza bagel
Cereal w/ toast
Juice
Milk

20.

Breakfast burrito
Cereal w/ toast
Juice
Milk

21.

Zucchini bread
Cereal w/ toast
Juice
Milk

22.

Choc crescent
Cereal w/ toast
Juice
Milk

25.

Ham chs biscuit
Cereal w/ toast
Juice
Milk

26.

Pizza Bagel
Cereal w/ toast
Juice
Milk

27.

Farmers breakfast bake
Cereal w/ toast
Juice
Milk

28.

Yogurt/granola
Cereal w/ toast
Juice
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

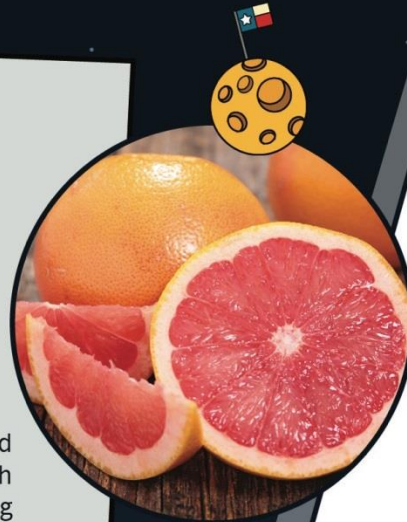
Stars are giant balls of superhot gas. Explosions in their centers create the bright light that we see. Did you know that our sun is a star? The star closest to earth is the sun. It takes about 8 minutes for light to travel from the sun to the Earth, so it is about 8 light minutes away. It takes 4.2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



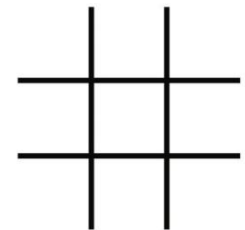
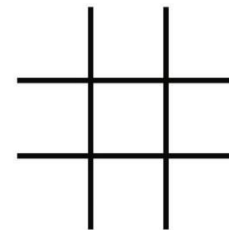
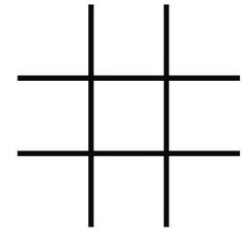
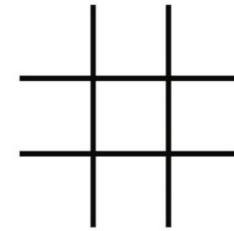
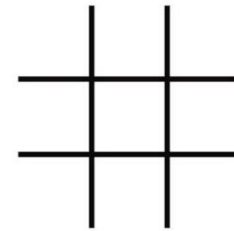
DID YOU KNOW?

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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