SEPTEMBER

Grab-N-Go BREAKFAST MENU



2020-2021 MEAL PRICES

Breakfast

All Campuses

-Paid = \$1.30 -Reduced = \$0.30 **Staff** -\$2.00

Lunch

Elementary, Intermediate, and Middle School

Paid = \$2.30 -Reduced = \$0.40 **High School**

-Paid = \$2.40 -Reduced = \$0.40 **Staff** -\$3.20

We have an app for that!! Try our app or visit SchoolCafe.com.

- View your students' account balance and purchases
- Make online payments
- Set up low balance alerts
- Apply for Free and Reduced Price Meals

15.

Go to <u>brewerbearcafe.com</u> to view our monthly menus, meal prices, charge policy, nutrition and allergy information, and free/ reduced meal program guidelines

Please call the Child Nutrition office if you have any questions: 817-367-1310



Chocolate Donuts

Craisins

100% Juice

Milk

Cereal & Poptart

Applesauce 100% Juice Milk

Powdered Donuts

Craisins 100% Juice Milk 10.

Cereal & Muffin

Applesauce 100% Juice Milk

11.

Cereal & Muffin

Applesauce 100% Juice Milk

14.

21.

Cereal & Poptart

Applesauce 100% Juice Milk

16.

Powdered Donuts

Craisins 100% Juice Milk 17.

Cereal & Muffin

Applesauce 100% Juice Milk

18.

Cereal & Muffin

Applesauce 100% Juice Milk

Chocolate Donuts

Craisins 100% Juice Milk 22.

Cereal & Poptart

Applesauce 100% Juice Milk

23.

30.

Powdered Donuts

Craisins 100% Juice Milk

Cereal & Muffin

Applesauce 100% Juice Milk

25.

Cereal & Muffin

Applesauce 100% Juice Milk 28.

Chocolate Donuts

Craisins 100% Juice Milk 29.

Cereal & Poptart

Applesauce 100% Juice Milk Special Announcements:

Liberty Elementary, North Elementary, Fine Arts Academy and Brewer Middle

24.

Brewer Bear Strong!!







MARTIAN MELONS



Mars is the fourth planet from the sun and it gets its name from a mythological figure - the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

COLOR BY NUMBERS



DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.







This product was funded by USDA.
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