

# Parker After School Care Enrichment Classes Registration Form

## SPRING II 2015

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ Magnet Area: \_\_\_\_\_  
 Mother's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Mother's Email: \_\_\_\_\_  
 Father's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Father's Email: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Registration Begins: **March 3, 2015**

Registration Ends: **March 23, 2015**

*Late registration will not be pro-rated.*

1. **One time** annual registration fee of \$50 per family per year.
2. If your child is not in After School Care or Magnet he/she must go home and return for their class or register for After School Care. The rate is \$20 per month for 1 day a week from 3:00 to start of class.
3. Fill out one form per child, include the activity fee plus registration and return completed form to the front office by the deadline.
4. Write your child's first and last name, and Enrichment on the memo section of the check and on the envelope.
5. Make checks payable to Parker PTO.

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

Class Name	Day	Time	Start	End	Notes	Cost	total
Ballet	Tuesdays	3:45 - 4:45	3/24	5/12	8 weeks	\$90.00	_____
Pink tights, black leotard, pink ballet shoes, black tap shoes needed							
Karate	MW	4:00 - 5:00	3/23	5/13	8 weeks	\$138.00	_____
	Mon.	4:00 - 5:00	3/23	5/11		\$84.00	_____
	Wed.	4:00 - 5:00	3/25	5/13		\$84.00	_____
Karate Uniform			* Separate check payable to Mr. Ron Williams			\$45.00	XXXXX
Mad Science	Thursday	4:00 - 5:00	3/26	5/14	8 weeks	\$106.00	_____
Main Street Theater	Fridays	4:00 - 5:00	3/27	5/15	7 weeks no class 4/3	\$175.00	_____
Abakadoodle Art	Thursday	4:00 - 5:00	3/26	5/14	8 weeks	\$114.00	_____

Look for class flyers in the Tuesday folders for more information regarding each class  
**PLEASE NOTE:** Low enrollment may result in cancellation.

Annual Registration \$50 \_\_\_\_\_  
**TOTAL DUE** \_\_\_\_\_  
 Date Rec'd \_\_\_\_\_  
 Check # \_\_\_\_\_



## Parker After School Enrichment Classes



### Karate **Soo Bahk Do Moo Duk Kwan**

Join karate class after school on Mondays and Wednesdays. One of Houston's Finest Martial Arts Schools Teaching Traditional **Martial Arts** and **Self-Defense** since 1978. **Soo Bahk Do** is a traditional Martial Arts program that helps improve confidence, increase focus and develop self control and discipline. These are important for everyone, adults, children and teenagers alike - but especially for children.



Ballet

### **Banbury School of Dance**

Join ballet and tap class are on Tuesdays from 3:30pm to 4:30pm The Mini-performance will be on Tue November 15<sup>th</sup>. Dance attire: pink tights and black leotard (can purchase at Walmart or Target) pink ballet shoes and black tap shoes (can purchase at Payless Shoes) Taught by Suzanne Banbury



### **Main Street Theater**

Explore new worlds, build confidence, and have lots of fun! We are looking for: good team players, movie fans, avid readers, sports fans, brainiacs, shy kids, pirates, princesses, and born performers--anyone and everyone who has ever imagined their own adventure! Bring your body, voice, and imagination as you create or adapt a story for the stage. Mark your calendars now for the final performance on the last day of class!



**abrakadoodle®**

### **Abrakadoodle Art class -Travel the**

**World while Exploring Creative Art Forms!** Our view of the world takes us to ancient Egypt to create an Egyptian mummy and to France to study the artistic style of Pierre Bonnard who creates a warm and tranquil view of the countryside looking out windows. Then we are off to the high seas to create waves and ocean waters in the style of Winslow Homer. We learn about Portuguese artist Leonor Brazão's musical inspiration for her abstract art as we create our own. We will also have some whimsical fun hearing a poem about a woman who swallowed a fly as we create flies and other 3-D art forms.





*Are you ready for  
Out-Of-This-World Adventures with Main Street Theater?*

**Main Street Theater's classes at Parker Elementary offer the chance for young actors and actresses to explore new worlds, build confidence, and have lots of fun!** Our classes are open to all grade levels. **Students will be grouped by age.** Our Performing Arts Playground is open to all-regardless of experience. We stress teamwork, creativity, and mentorship!



We are looking for good team players, movie fans, avid readers, sports fans, brainiacs, shy kids, pirates, princesses and born performers – **anyone and everyone who has ever imagined their own adventure!** What you will need: **your body, your voice, and your imagination!**

Our energetic, professional teaching artists are ready to help your students create an original play. **Mark your calendar now for the performances on the last day of class!**

**Registration is through Parker Elementary**

**Our Main Street Theater class will meet each Friday at Parker!**

**Winter 2015 Dates:** Mar. 27 – May 15 2015 (No class April 3!)

**Times:** 4:00 – 5:00 p.m.

**Final Performances:** Friday, May 15, at 4:30 p.m.

**Tuition Fee:** \$175 per student

*To find out more about our classes, visit [MainStreetTheater.com](http://MainStreetTheater.com)*



Soo Bahk Do Moo Duk Kwan Houston Inc.  
12240 Murphy Rd; Suite J  
Stafford, TX. 77477  
281-983-9901

## **It's time to sign up for the Martial Arts after school program! Classes start March 23rd**

While Master Williams' passion lies in teaching traditional Martial Arts, he also hopes to help support the job you do as a parent everyday. His class will cover many valuable life skills such as:

1. How to speak to others the way you want to be spoken to
2. How to resolve conflicts without violence
3. Controlling your words
4. How to keep someone from bullying you
5. Confidence (not arrogance)
6. Respect (which starts with self-respect)
7. Appreciation for all the things that you as a parent do for them
8. Goal setting
9. Exercise and a healthy diet
10. Concentration (If your child struggles in this aspect, this is the class for them!)

Place: At Parker Elem.  
Days/time: Mon. and Wed. 4:00-5:00pm  
Cost: See the after school Coordinator (uniforms 45.00)  
Who: Kinder to 5<sup>th</sup> grade

Students Name and age: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

All uniform checks payable to Ron Williams and they can be left at the office.

\*\*\*\*\*As one of your privileges of being a student of Master Williams you can also train at his Do Jang at no extra charge!

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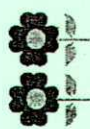







SUN	MON	TUE	WED	THUR	FRI	SAT
1.	2. 	3. Pre K, K and PALS to HLSR All City Orchestra 4:00-5:00 p.m.	4.	5. Johnston Middle School Counselors Visit 5 <sup>th</sup> Grade 2:30 p.m.	6. 4 <sup>th</sup> & 5 <sup>th</sup> Grade Reading Challenge Movie Night	7. Solo/Ensemble Tutorials
8.	9. 4 <sup>th</sup> Grade to Museum of Natural Science 8:45-12:30	10. Ballet Program 3:30-4:30 p.m. All City Orchestra 4:00-5:00 p.m.	11.	12.	13. Field Day 	14.
15.	16.	17.	18.	19.	20. 	21.
22.	23. 	24.	25. 1 <sup>st</sup> grade to the zoo 8:30 -12:30 	26.	27. PTO Free Dress Day Band Movie Night 6:30-8:30 p.m.	28. Waltrip Band Festival 2 <sup>nd</sup> Grade Fun Run 7:30-10:00a.m. Tutorials 
29. Performing Violins Perform at Herman Park 2:30 p.m.	30. 4 <sup>th</sup> gr Writing STAAR	31. 4 <sup>th</sup> grade Writing STAAR 5 <sup>th</sup> Grade Reading STAAR				

S P R I N G B R E A K



DOM	LUN	MAR	MIE	JUE	VIE	SAB
1.	2. 	3. Viaje Escolar - Pre K, K and PALS a HLSR Orquesta "All City" 4:00-5:00 p.m.	4.	5. Los Consejeros de "Johnston Middle" visitan a los alumnos de 5º Grado 2:30 p.m.	6. Noche de Cine para 4º & 5º Grado Reto de Lectura (Reading Challenge)	7. Solo/Ensemble Tutorías
8.	9. Viaje escolar de 4o. Grado al Museo de Ciencias Naturales 8:45-12:30	10. Programa de Ballet 3:30-4:30 p.m. Orquesta "All City" 4:00-5:00 p.m.	11.	12.	13. Field Day 	14.
15.	16.	17.	18.	19.	20. 	21.
22.	23. 	24. Orquesta "All City" 4:00-5:00 p.m.	25. Viaje escolar de 1º grado al zoológico 8:30 - 12:30	26.	27. PTO Free Dress Day Noche de Cine (Band Movie Night) 6:30-8:30 p.m.	28. Festival de Banda Waltrip Carreras Divertidas para 2º Grado 7:30-10:00a.m. Tutorías
29. Alumnos Violinistas tocan en Herman Park 2:30 p.m.	30. Examen STAAR de Escritura para 4º grado	31. Examen STAAR de Escritura 4º grado STAAR Examen - STAAR de Lectura 5º Grado				

## VACACIONES DE PRIMAVERA



HOUSTON INDEPENDENT SCHOOL DISTRICT

DISTRICT IX TRUSTEE WANDA ADAMS & THE HISD FAMILY  
LEARNING ACADEMY INVITE YOU TO THE

# HISPANIC PARENT SUMMIT

SATURDAY, MARCH 7, 2015 | Anderson Elementary School  
5727 Ludington Houston, TX 77035-4399 | 8 a.m. to 1 p.m.



Keynote address from **Raul Peimbert**,  
Emmy Award winner and veteran  
Univision news anchor

## FREE EVENT

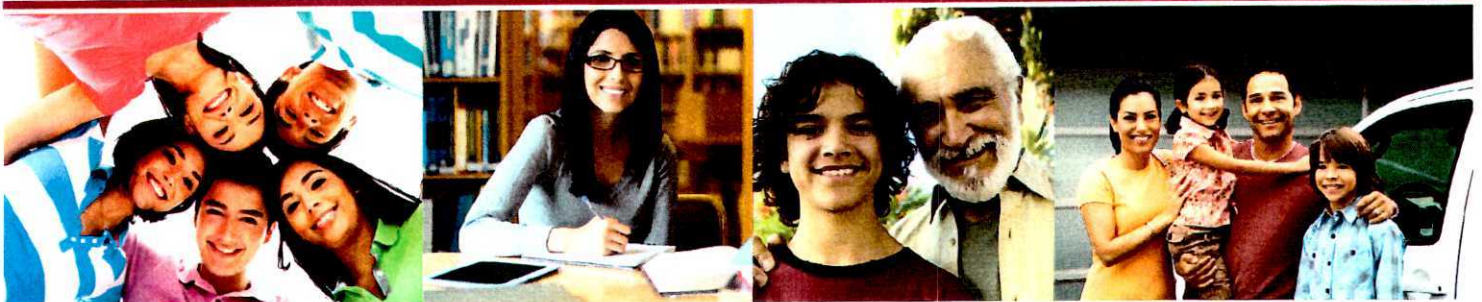
FEATURING PRESENTATIONS ON:

- Your Role as a Lead Parent
- English as a Second Language at Home
- Your Role in Developing Your Child's Literacy
- Paying for College & More

COMMUNITY RESOURCE FAIR!

Free raffles and giveaways! | Free childcare! | Free lunch with pre-registration\*

\*To receive lunch, pre-register online at [HoustonISD.org/FLA](http://HoustonISD.org/FLA) or call 713-556-7290



HISD  
Family Learning  
Academy

HISD  
College  
Readiness  
HIGHER EXPECTATIONS.  
HIGHER EDUCATION.

HISD  
Drop Out  
Prevention  
PUTTING GRADUATION  
WITHIN REACH

HCC  
HOUSTON COMMUNITY COLLEGE

HIPPY USA  
TEXAS

Let's Move! United

LITERACY BY  
3  
HOUSTON INDEPENDENT SCHOOL DISTRICT

HISD  
Nutrition  
Services  
SERVICE EXCELLENCE

HISD  
Parent and Community  
Assistance Center

PEACE

UH





## ELEMENTARY LUNCH MENU

National School Breakfast Week March 2-6 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Happy Flappy Chicken Ranch Wrap</li> <li>Chicken Corn dog</li> <li>Steamed Carrots</li> <li>Steamed Broccoli</li> <li>Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Burger w/ Marinara</li> <li>Cheesy Breadsticks</li> <li>Steamed Green Beans</li> <li>Baked Fries</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Quesadilla</li> <li>Southwestern Vegetarian Chili w/ Roll</li> <li>Baby Carrots</li> <li>Charro Beans</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Country Steak Fingers w/ Roll</li> <li>California Blend Vegetables</li> <li>Crunchtastic Celery Sticks</li> <li>Funky Chunky Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>Fish Nuggets w/roll</li> <li>Chicken Patty Sandwich</li> <li>Steamed Peas</li> <li>Roasted Baby Carrots</li> <li>Ba Ba Ba Ba Ba nan as</li> </ul>
<ul style="list-style-type: none"> <li>Vegetable Lasagna w/Roll</li> <li>Chicken Teriyaki Rice Bowl</li> <li>Bok Choy</li> <li>Glossy Glazed Carrots</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Bean and Cheese Burrito</li> <li>California Blend Vegetables</li> <li>Baked Fries</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Beef Soft Taco</li> <li>Gumbo Soup w/ Rice</li> <li>Secretly Sweet Potato</li> <li>Refried Beans</li> <li>Mixed Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Pepperoni Pizza</li> <li>Pasta Noodle w/ Eggroll</li> <li>Kooky Cucumber Slices</li> <li>Fajita Spiced Corn</li> <li>Orange Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Bread Fish Filet w/roll</li> <li>Chicken Slider Sandwich</li> <li>Steamed Green Beans</li> <li>Baby Carrots</li> <li>Macaroni &amp; Cheese</li> <li>Funky Chunky Pineapples</li> </ul>
16	17	18	19	20
<ul style="list-style-type: none"> <li>Cheese Tortellini Pasta</li> <li>Cheese Quesadilla</li> <li>Roasted Baby Carrots</li> <li>Steamed Broccoli</li> <li>Diced Apricots</li> </ul>	<ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Cheese Enchiladas</li> <li>Steamed Green Beans</li> <li>Baked Fries</li> <li>Mixed Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Sandwich</li> <li>Beef Nachos</li> <li>Baby Carrots</li> <li>Charro Beans</li> <li>Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Ja La La La peno Crust Cheese Pizza</li> <li>Chicken Hot Dog</li> <li>Steamed Peas</li> <li>California Blend Vegetables</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fish Nuggets w/roll</li> <li>Chicken Patty Sandwich</li> <li>Steamed Carrots</li> <li>Mashed Potatoes</li> <li>Applesauce</li> </ul>
<ul style="list-style-type: none"> <li>Vegetarian Nachos</li> <li>Chicken Nuggets w/ Roll</li> <li>Peas &amp; Carrots</li> <li>Steamed Spanish</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Turkey Lasagna</li> <li>Kooky Cucumber Slices</li> <li>Baked Sweet Potato Waffle Fries</li> <li>Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Bean and Cheese Burrito</li> <li>Chicken Teriyaki Rice Bowl</li> <li>Glossy Glazed Carrots</li> <li>Black Beans</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Pepperoni Pizza</li> <li>Empanada with Rice, Beans &amp; Cheese</li> <li>Steamed Green Beans</li> <li>Fajita Spiced Corn</li> <li>Orange Wedges</li> </ul>	<ul style="list-style-type: none"> <li>Fish w/ Cheese &amp; Roll</li> <li>Grilled Cheese Sandwich</li> <li>Steamed Peas</li> <li>Secretly Sweet Potato</li> <li>Mandarin Oranges</li> </ul>

## BREAKFAST MENU

1% milk or skim milk is served every day. Some schools follow alternate breakfast menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Confident Cinnamon Toast Crunch</li> <li>A + Apple</li> <li>Achieving Apple Oatmeal Breakfast Bar</li> <li>Apply Yourself Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Witty Waffles</li> <li>Cheering Cherry Cranberries</li> <li>Absolute Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Bookworm Blueberry Muffin</li> <li>Ba Ba Ba Ba Ba na nas</li> <li>Scholastic Strawberry Banana Yogurt</li> <li>Apply Yourself Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Cracking the books Chicken Biscuit</li> <li>Advance Apple Slices</li> <li>Apply Yourself Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Smarty Strawberry Oatmeal Breakfast Bar</li> <li>Ba Ba Ba Ba na nas</li> <li>Apply Yourself Apple Juice</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Texas Toast</li> <li>Apple Slices</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Biscuit</li> <li>Dried Cherry Cranberries</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Texas Crunch</li> <li>Apple</li> <li>Apple Oatmeal Breakfast Bar</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Mini Blueberry Pancakes</li> <li>Banana</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Beef Kolache</li> <li>Apple Slices</li> <li>Apple Juice</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Toast Crunch</li> <li>Apple</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>French Toast</li> <li>Dried Cherry Cranberries</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Banana</li> <li>Strawberry Banana Yogurt</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Biscuit</li> <li>Apple Slices</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry Oatmeal Breakfast Bar</li> <li>Banana</li> <li>Apple Juice</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Texas Toast</li> <li>Apple Slices</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Biscuit</li> <li>Dried Cherry Cranberries</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Mini Blueberry Pancakes</li> <li>Apple</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Toast Crunch</li> <li>Banana</li> <li>Apple Oatmeal Breakfast Bar</li> <li>Apple Juice</li> </ul>	<ul style="list-style-type: none"> <li>Beef Kolache</li> <li>Apple Slices</li> <li>Apple Juice</li> </ul>

Turn menu over for Spanish version. Al reverso de este menú encontrará la versión en español.

Menu subject to change

Use colored dots to build a HEALTHY TRAY! Students may select 3-5 food groups and MUST select a fruit or veggie. ● Protein ● Grains ● Veggies ● Fruit ● Dairy

Whole Grain – Item made using 51% or more whole grain flour

Vegetarian Entrée – Ovo-lacto vegetarian, may contain egg or milk

Lean Green Day – All options served are meat free

Heart Healthy – Contains no more than 30% calories from fat and no more than 10% calories from saturated fat

No menu items contain pork

Meal Pricing: Student Lunch \$2.25  
Reduced Lunch \$0.40  
Adult Lunch \$3.00  
Student Breakfast FREE  
Adult Breakfast \$2.00

Your child may qualify for free or reduced-price meals. You may quickly and conveniently apply on-line at [www.houstonisd.org/NutritionServices](http://www.houstonisd.org/NutritionServices). If you need assistance, please call 713-491-5700. If your child attends a CEP (Community Eligibility Provision) school, all meals are free of charge to every student. Visit the Nutrition Services website for more information and a list of CEP schools. Advance meal payments can be made on-line at [www.parentonline.net](http://www.parentonline.net)

"Scan with your 'smart phone' to view all menus online."





## MENÚ DE ALMUERZO PARA PRIMARIAS

Semana Nacional de Desayunos Escolares del 2 al 6 de marzo, 2015

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<ul style="list-style-type: none"> <li>Burrito de pollo con ranch</li> <li>Banderilla de pollo</li> <li>Zanahorias al vapor</li> <li>Brócoli al vapor</li> <li>Mandarinas</li> </ul>	<ul style="list-style-type: none"> <li>Hamburguesa de pavo</li> <li>Palitos de pan con queso y marinara</li> <li>Ejotes al vapor</li> <li>Papitas horneadas</li> <li>Duraznos</li> </ul>	<ul style="list-style-type: none"> <li>Quesadilla de pollo</li> <li>Chili estilo sureño con pan</li> <li>Mini zanahorias</li> <li>Frijoles charros</li> <li>Puré de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Pizza con queso</li> <li>Tiritas de carne con pan</li> <li>Verduras estilo California</li> <li>Apio</li> <li>Piña</li> </ul>	<ul style="list-style-type: none"> <li>Croquetas de pescado con pan</li> <li>Sándwich de pollo</li> <li>Chicharos al vapor</li> <li>Mini zanahorias asadas</li> <li>Plátano</li> </ul>
<ul style="list-style-type: none"> <li>Lasaña con verduras y pan</li> <li>Tazón de arroz con pollo estilo Teriyak</li> <li>Bok Choy</li> <li>Zanahorias glaseadas</li> <li>Pera</li> </ul>	<ul style="list-style-type: none"> <li>Hamburguesa de queso</li> <li>Burrito de frijoles con queso</li> <li>Verduras estilo California</li> <li>Papitas horneadas</li> <li>Puré de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Taco suave de carne</li> <li>Sopa gumbo con arroz</li> <li>Camote</li> <li>Frijoles refritos</li> <li>Fruta mixta</li> </ul>	<ul style="list-style-type: none"> <li>Pizza de pavo con peperoni</li> <li>Pasta de fideos con rollo primavera</li> <li>Pepino</li> <li>Fajita elote sazonado</li> <li>Naranjitas</li> </ul>	<ul style="list-style-type: none"> <li>Filete de pescado con queso y pan</li> <li>Sándwich de pollo</li> <li>Ejotes</li> <li>Mini zanahorias</li> <li>Macarrón con queso</li> <li>Piña</li> </ul>
16	17	VACACIONES DE PRIMAVERA	19	20
<ul style="list-style-type: none"> <li>Pasta tortellini con queso</li> <li>Quesadilla con queso</li> <li>Mini zanahorias asadas</li> <li>Brócoli al vapor</li> <li>Chabacanos</li> </ul>	<ul style="list-style-type: none"> <li>Hamburguesa con queso</li> <li>Enchiladas de queso</li> <li>Chicharos al vapor</li> <li>Papitas horneadas</li> <li>Fruta mixta</li> </ul>	<ul style="list-style-type: none"> <li>Sándwich con pollo asado</li> <li>Nachos con carne</li> <li>Mini zanahorias</li> <li>Frijoles charros</li> <li>Mandarinas</li> </ul>	<ul style="list-style-type: none"> <li>Pizza de queso con costra de jalapeño</li> <li>Hot dog con pollo</li> <li>Chicharos al vapor</li> <li>Verduras estilo California</li> <li>Duraznos</li> </ul>	<ul style="list-style-type: none"> <li>Croquetas de pescado con pan</li> <li>Sándwich de pollo</li> <li>Zanahorias al vapor</li> <li>Puré de papa</li> <li>Puré de manzana</li> </ul>
<ul style="list-style-type: none"> <li>Nachos vegetarianos</li> <li>Croquetas de pollo con pan</li> <li>Chicharos con zanahorias</li> <li>Espinacas al vapor</li> <li>Durazno</li> </ul>	<ul style="list-style-type: none"> <li>Hamburguesa con queso</li> <li>Lasaña de pavo</li> <li>Pepino</li> <li>Waffle de camote</li> <li>Puré de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Burrito de frijoles con queso</li> <li>Tazón de arroz con pollo estilo Teriyaki</li> <li>Zanahorias glaseadas</li> <li>Frijoles negros</li> <li>Pera</li> </ul>	<ul style="list-style-type: none"> <li>Pizza de pepperoni de pavo</li> <li>Empanada con arroz, frijoles y queso</li> <li>Elote sazonado</li> <li>Elote sazonado sabor Fajita</li> <li>Naranjitas</li> </ul>	<ul style="list-style-type: none"> <li>Filete de pescado con queso y pan</li> <li>Sándwich con pollo y queso derretido</li> <li>Chicharos al vapor</li> <li>Camote</li> <li>Mandarinas</li> </ul>

## MENÚ DE DESAYUNO

Algunas escuelas tienen un menú alternativo para el desayuno. Todos los días se sirve leche 1% o descremada.

¡Complementa tu calificación con el desayuno escolar! Un desayuno escolar saludable prepara a los estudiantes para tener éxito en el salón de clases todos los días.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<ul style="list-style-type: none"> <li>Cinnamon Texas Crunch</li> <li>Manzana</li> <li>Barrita de avena</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Arándanos cereza deshidratados</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Panqué de moras azules</li> <li>Plátano</li> <li>Yogurt de fresas con plátano</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Bisquet de pollo</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Smarty Strawberry Oatmeal Breakfast Bar</li> <li>Ba Ba Ba Ba na nas</li> <li>Jugo de manzana</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Texas Toast</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Bisquet de pollo</li> <li>Arándanos cereza deshidratados</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Texas Crunch</li> <li>Manzana</li> <li>Barrita de avena</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Mini panqué de moras azules</li> <li>Plátano</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Kolache con carne</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Texas Crunch</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Pan francés</li> <li>Arándanos cereza deshidratados</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Panqué de moras azules</li> <li>Plátano</li> <li>Yogurt de fresas con plátano</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Bisquet de pollo</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Barritas avena con fresas</li> <li>Plátano</li> <li>Jugo de manzana</li> </ul>
<ul style="list-style-type: none"> <li>Cinnamon Texas Toast</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Bisquet de pollo</li> <li>Arándanos cereza deshidratados</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Mini Panqué de moras azules</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Toast Crunch</li> <li>Plátano</li> <li>Barrita de avena</li> <li>Jugo de manzana</li> </ul>	<ul style="list-style-type: none"> <li>Kolache con carne</li> <li>Manzana</li> <li>Jugo de manzana</li> </ul>

Turn menu over for English version. Al reverso de este menú encontrará la versión en inglés.

El menú está sujeto a cambios

Elija diferentes colores para crear una BANDEJA SALUDABLE. Los estudiantes pueden seleccionar de entre 3 y 5 grupos de alimentos y DEBEN elegir una fruta o una verdura.

Proteína Granos Verduras Frutas Lácteos

Grano entero - Artículo elaborado con un 51% o más de harina de grano entero

Lean Green Day - Todas las opciones que se sirven son libres de carne

Plato vegetariano - Ovo-lácteo-vegetariano que puede contener huevo o leche

Para tener un corazón sano - Contiene no más de 30% de calorías de grasa y no más de 10% de calorías provenientes de grasas saturadas.

Precios de las comidas:  
 Almuerzo para el estudiante \$2.25  
 Almuerzo a precio reducido \$0.40  
 Almuerzo para adultos \$3.00  
 Desayuno para el estudiante Gratis  
 Desayuno para adultos \$2.00

Su hijo podría tener derecho a recibir comidas gratuitas o a precio reducido. Para ese propósito, usted puede hacer una solicitud en línea en [www.houstonisd.org/nutritionservices](http://www.houstonisd.org/nutritionservices). Si necesita ayuda, por favor llame al 713-471-5700. Si su hijo asiste a una escuela CEP (Dispositivo de Elegibilidad Colectiva), todas las comidas serán gratis. Visite el sitio de Internet del Departamento de Servicios de Nutrición para obtener mayor información y para completar la lista de las escuelas CEP.

Haga sus pagos de comidas por adelantado en línea en [www.parentonline.net](http://www.parentonline.net)

Follow us @HoustonISDFood

[www.houstonisd.org/NutritionServices](http://www.houstonisd.org/NutritionServices)

Escanee con su teléfono inteligente para ver todos los menús en línea

