

# ROBERT LEE SCHOOL NEWS

## Robert Lee Elementary Field Day slated

The Annual Robert Lee Elementary School Field Day is scheduled for Thursday, March 28. All Field Day activities will be held in the morning starting at 8:15 am at the football field. Students will have early release at 12:30 pm that day. Parents and guests are welcome to attend field day activities.

Please feel free to contact the school office at 453-4555 for additional information.

## Robert Lee ISD Early Release March 28

The Robert Lee Independent School District will have early release of all students on Thursday, March 28 at 12:30 pm. The buses will be running at that time and arrangements need to be made to pick up students at the early release time.

Also, there will be no classes on Friday, March 29 due to Good Friday. This is a scheduled school holiday.

Please feel free to contact the school office at 453-4555 for additional information.

## Robert Lee AON accepting donations

The AON would like to announce they DO accept memorials and donations year round and donations may be sent to PO Box 24 Robert Lee, TX 76945.

## School Menu



### Breakfast

#### Monday, March 25

Cinnamon roll or cereal, juice, milk

#### Tuesday, March 26

Pigs in blanket or cereal, juice, milk

#### Wednesday, March 27

Muffin or cereal, juice, milk

#### Thursday, March 28

Pancakes or cereal, juice, milk

#### Friday, March 29

Holiday

### Lunch

#### Monday, March 25

Chicken and broccoli panned, salad, apple slices, breadstick, milk

#### Tuesday, March 26

Taco salad, corn, fresh fruit, lime fruit bar, milk

#### Wednesday, March 27

Steak fingers, gravy, cream potatoes, green beans, apple-pineapple d'lite, milk

#### Thursday, March 28

Chicken quesadilla, beans, baby carrots, orange, milk

#### Friday, March 29

Holiday



## Spring Food Safety Tips

Spring time is here! Are you having a holiday party or family over for an afternoon feast? Often, during these times of the year, we prepare our favorite dishes for friends and family. As these special occasions are planned and you begin preparing your dishes, be sure to keep food safety in mind. Popular food dishes for this time of year often include meat items and other potentially hazardous foods. Jan Yanez, Texas AgriLife County Extension agent, recommends consumers take proactive steps to ensure that foods are prepared safely and served properly.

According to the Centers for Disease Control and Prevention, it is estimated that that 1 in 6 Americans will get a foodborne illness each year. You can protect your loved ones and friends by following certain food

safety measures when preparing your holiday favorites.

It is not always easy to tell when a dish or food product is safe to eat. Most bacteria cannot be seen, smelled, or tasted and can grow rapidly. Make sure perishable foods are not held at temperatures between 40 °F and 140 °F - the "Danger Zone" - for longer than 2 hours. To ensure your food is safe, consumers should be careful and follow these safety tips when preparing meals this holiday season:

- Practice good personal hygiene by washing hands with warm water and soap before and after handling foods.
- Wash all food contact surfaces with hot, soapy water after prepping foods.
- Rinse produce thoroughly under cool running water, and use a brush when necessary.
- When shopping, storing, or prepping, keep raw foods separate from ready-to-eat foods.
- Be aware of cross-contamination; use separate cutting boards for meat and produce.
- Cook foods to proper internal temperatures; cool foods rapidly, and reheat foods to 165 °F.

## Little Dribblers



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## DARYL'S BODY SHOP

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