

# SCHOOL PAGE

## Bronte ISD yearbook ordering information

The deadline to order a Bronte ISD yearbook is Friday, May 17. Yearbooks can be ordered online at <https://ybpay.lifetouch.com/order/select-job-and-use-yearbook-id-code-13115119>.

## School Menu



### Bronte ISD Breakfast

- Monday, May 6**  
Pizza or choice of cereal and toast, fruit, juice, milk
- Tuesday, May 7**  
Donuts or choice of cereal and toast, fruit, juice, milk
- Wednesday, May 8**  
PB&J or choice of cereal and toast, fruit, juice, milk
- Thursday, May 9**  
French toast sticks and bacon/tornados or choice of cereal and toast, fruit, juice, milk
- Friday, May 10**  
Biscuit, sausage, fruit, juice, milk

### Lunch

- Monday, May 6**  
Ham and cheese melt, tomato cup, broccoli salad, apple-pineapple, milk
- Tuesday, May 7**  
Nacho Grande, refried beans, salsa, tomato cup, cucumber slices, peaches, milk
- Wednesday, May 8**  
Chicken sandwich, tots, veggie cup, Mandarin oranges, milk
- Thursday, May 9**  
Hamburger steak, roasted potatoes, garden salad, biscuits, fruity jello, milk
- Friday, May 10**  
Corn dogs, smiley fries, beans, apple slices, sherbet cup, milk

### Robert Lee ISD Breakfast

- Monday, May 6**  
Cereal, toast, fruit, juice, milk
- Tuesday, May 7**  
Chicken-n-biscuit, fruit, juice, milk
- Wednesday, May 8**  
PBJ, fruit, juice, milk
- Thursday, May 9**  
Empanada, fruit, juice, milk
- Friday, May 10**  
School Holiday
- Lunch**
- Monday, May 6**  
Taquito, queso, beans, corn, fruit, milk
- Tuesday, May 7**



**Field Trip!** The Robert Lee ISD Kindergarten class traveled to the Abilene Zoo on Thursday, April 25, 2019. They enjoyed a morning looking at all of the animals and ate lunch at Cici's Pizza.

- Chili cheese combo, veggie cup, fruit, milk
- Wednesday, May 8**  
Asian stir fry, salad, fruit, milk
- Thursday, May 9**  
Pizza, corn, salad, fruit, milk
- Friday, May 10**  
School Holiday
- Blackwell CISD Breakfast**
- Monday, May 6**  
Poptarts, fruit, juice, milk
- Tuesday, May 7**  
Biscuit-n-gravy, fruit, juice,

- milk
- Wednesday, May 8**  
Breakfast pizza, fruit, juice, milk
- Thursday, May 9**  
Oatmeal, fruit, juice, milk
- Friday, May 10**  
PBJ uncrustables, fruit, juice, milk
- Lunch**
- Monday, May 6**  
BBQ chicken legs, fried chicken, mac-n-cheese, corn on the cob, milk

- Tuesday, May 7**  
Beef tips and egg noodles or Salisbury steak, steamed broccoli, milk
- Wednesday, May 8**  
Chicken fried steak or chicken fried chicken, mashed potatoes, gravy, green beans, hot roll, milk
- Thursday, May 9**  
Sweet-n-sour chicken and fried rice or Lo Mein noodles, egg rolls, milk
- Friday, May 10**  
Hot dogs, chili, cheese, chips, milk

you manage or prevent high blood pressure. These changes should include eating less sodium, reducing the amount of packaged and processed foods you consume (especially those with added sodium and sugar), reducing consumption of sugar-sweetened beverages and eating foods that are rich in potassium.

5. Maintain or achieve a healthy weight. Being overweight can put you at an increased risk for developing high blood pressure. Take steps to maintain a healthy weight.

6. Drink in moderation. When consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

Living a heart-healthy lifestyle is possible. By paying attention to risk factors like your blood pressure, weight and more, you can reduce your risk for heart disease.

Article courtesy of [statepoint.net](http://statepoint.net).

### Litter, balloons trash Texas

by Julie Tomascik

Let's talk trash, Texas. Plastic cups. Napkins. Fast food packaging. Even full trash bags. That litter is trashing up our beautiful state.

About 435 million pieces of visible litter can be found on Texas roadways, according to the Don't Mess With Texas campaign.

That's a lot, and that's only the trash we can see. Wind and rain will push that trash and the litter hidden from eyesight, uninvited, down the road.

But that's not the only problem with litter.

That trash ends up in fields and pastures. Each piece puts livestock and wildlife at risk.

Cattle shouldn't have to graze next to a plastic grocery bag. Sheep and goats roaming the

Texas plains aren't supposed to do so alongside candy wrappers. And an empty fast food sack doesn't complement horses galloping through a field.

Put simply, rural routes aren't a dumping ground for trash. It may be the road less traveled, but it doesn't make it any less important.

But it's not just trash that causes an issue. Let's talk balloons.

They're great at birthdays, weddings and graduations. When they get loose, and we all know they will, they pose a threat to livestock, wildlife and

contaminate our environment.

Now, that's a party foul.

Balloon releases, although usually held with good intentions, are a bad idea.

Some schools have students write a message and tie it to a balloon. They want whomever finds that balloon to write them back.

Again, I think they mean well. But the unfortunate reality is those balloons end up causing more damage. There have to be more responsible ways to find a pen pal.

Wildlife and livestock are

curious. Balloon strings, balloons, a stray piece of paper or a Styrofoam cup may look innocent, but it could be part of their next meal - with deadly consequences.

Farmers and ranchers can't be everywhere all the time when their office covers acres instead of feet. Some things go unseen. Some trash remains in the field.

So let's each do our part and keep trash from littering our roads, farms and ranches.

Let's honor our Texas pride. Keep our roadways clean. And our state beautiful.

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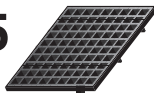
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