

for Christmas lights purchased. He was seconded by Brantly Robertson and the motion carried with a vote of 5 - 0.

A motion was made by Tracy Grantham to approve the annual demolition reimbursement from EDC to the City of Robert Lee and was seconded by Mike Stephens. The motion carried with a vote of 5 - 0.

A motion was made by Mike Stephens to approve the advertisement reimbursement for golf events from EDC to the City of Robert Lee. He was seconded by Brantly Robertson and the motion carried with a vote of 5 - 0.

Changes were made to the budget to reflect the actual expenditures and revenues. A motion was made by Mike Stephens to approve the first reading of the final budget amendment for FY 22-23 and was seconded by Tracy Grantham. The motion carried with a vote of 5 - 0.

The first reading of 19-23 - Budget FY 23-24 was held and the item approved during the budget hearing.

The first reading of 20-23 - Tax Rate 2023 was held and the item approved during the tax rate hearing.

The first reading of 22-23 - Sanitation Rates was held. Republic Services' annual increase of 3.5% has been implemented and ordinance

rates reflect that increase. A motion was made to approve the first reading and was seconded by Jonathan Torres. The motion carried with a vote of 5 - 0.

The first reading of 24-23 - Sewer Rates & Taps was held. Due to the cost of maintenance and chemicals for the sewer plant, an 8% increase will be implemented to offset the cost. A motion was made by Josh Tennison to approve the first reading and was seconded by Tracy Grantham. The motion carried with a vote of 5 - 0.

City Secretary's Report

City Hall renovations are scheduled to start September 26-27. The audit will be presented during the regular meeting on September 21, 2023. Shop Local brochures have been completed and distributed. The Employee Appreciate Dinner has been set for October 26, 2023. Martha has completed her Code Enforcement training and will schedule her test soon for her certification.

City Superintendent's Report

There were 48 work orders completed, 18 sanitation work orders completed, 11 disconnects, one minor leak repaired, and one sewer stop cleared.

A motion was made by Tracy Grantham to adjourn the meeting at 9:09 pm and was seconded by Josh Tennison. The motion carried with a vote of 5 - 0.

milk
Thursday, October 5
No menu available

Friday, October 6
No menu available

Lunch
Monday, October 2
Chicken Alfredo, steamed broccoli, breadstick, milk

Tuesday, October 3
Fried rice, lo mein noodles, egg roll, sweet-n-sour sauce, soy sauce, milk

Wednesday, October 4
Salisbury steak, brown gravy, mashed potatoes, white gravy, sweet carrots, hot roll, milk

Thursday, October 5
No menu available

Friday, October 6
No menu available

Robert Lee ISD
Breakfast
Monday, October 2
Breakfast pizza, fruit, juice, milk

Tuesday, October 3
Cinamon roll, sausage, fruit, juice, milk

Wednesday, October 4
Pancake wrap, fruit, juice, milk

Thursday, October 5
Breakfast sandwich, fruit, juice, milk

Friday, October 6
French toast, sausage, fruit, juice, milk

Lunch
Monday, October 2
Oven fried chicken, potatoes, tomato cup, fruit cup, milk

Tuesday, October 3
Nacho Grande, salsa, beans, cucumbers, fruit cup, ice cream cup, milk

Wednesday, October 4
Pizza, fresh veggie cup, garden salad, fruity gelatin, milk

Thursday, October 5
Asian bowl, broccoli, Mandarin oranges, sweet-n-sour sauce, milk

Friday, October 6
Cheeseburger macaroni, carrots, savory green beans, fresh fruit, dessert, milk

Beef program helps young athletes reach peak performance

Texas Beef Council (TBC) launched a new program to help young athletes strive to achieve their peak performance with beef.

Sports Nutrition Game Plan is a beef nutrition resource for high school athletes.

The TBC program is a guide that changes how athletes fuel their bodies for the prime training, performance, recovery and living, with beef as the primary source of protein. It provides coaches with a nutrition regimen that is easy to implement, equipping athletes with science-backed tools to help them excel on and off the field.

The program shows educators and coaches the role beef has in a healthy lifestyle.

Amy Foster, manager of health and nutrition at TBC, said there is a missing link when it comes to sports and nutrition.

"A lot of high schools can't afford to hire a sports dietitian,

so I set out to think of an all-encompassing tool to serve coaches, athletes and parents," Foster said.

Foster distributed a survey to coaches, athletic trainers, strength coaches and team support staff asking about their needs for nutritional guidelines. Foster and Amy Goodson, a Texas-based dietitian, developed the program using that survey data.

The Sports Nutrition Game Plan includes credible materials and resources like videos, recipes, meal plans and tips for fueling and hydration.

Over 260 coaches, athletic directors and trainers have signed up to use the tool for their programs this year.

"Our participants can't believe this program is available and complimentary," Foster said. "They really need resources like this, and they appreciate how TBC is addressing the importance of nutrition. Our goal is to make beef's powerful nutrition part of sports culture, and we're off to an amazing start."

Learn more about the Sports Nutrition Game Plan at beeflovingtexas.com/nutrition/sports-nutrition-program.

For more information about Texas Beef Council and Beef Checkoff programs, visit TexasBeefCheckoff.com.

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Tuesday, October 3
Cinnamon roll, fruit, juice, milk

Wednesday, October 4
Breakfast pizza, fruit, juice,



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School Menu

Bronte ISD

Breakfast

Monday, October 2
Cereal, crackers, fruit, juice, milk

Tuesday, October 3
Sausage, egg, and cheese uncrustable, fruit, juice, milk

Wednesday, October 4
Powdered donuts, fruit, juice, milk

Thursday, October 5
Pancake and sausage on a stick, fruit, juice, milk

Friday, October 6
PBJ, fruit, juice, milk

Lunch

Monday, October 2
Hamburger, garden salad, sweet potatoes, apples, rice crispy, milk

Tuesday, October 3
Chicken nuggets, chips, celery, carrots, mixed fruit, milk

Wednesday, October 4
Pepperoni pocket, broccoli, marinara sauce, cinnamon applesauce, frozen yogurt, milk

Thursday, October 5
Frito pie, pinto beans, veggie cup, pineapple, milk

Friday, October 6
Steak fingers, gravy, roll, green beans, mashed potatoes, peaches, milk

Blackwell CISD

Breakfast

Monday, October 2
Cereal, fruit, juice, milk

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