

JANUARY



HAPPY NEW YEAR!



Special Announcements

EVERYDAY AT BREAKFAST ASSORTED FRUITS & JUICES WILL BE OFFERED. ALSO AN OPTION OF CEREAL & TOAST

AT BREAKFAST & LUNCH A VARIETY OF MILK & FRUIT WILL BE OFFERED

EVERYDAY THERE WILL BE AN ALTERNATE MEAL OFFERED OF PB&J SANDWICH OR A LUNCHABLE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER ROY MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

2
POPARTS
CORNDOGS
RANCHSTYLE BEANS
TATER TOTS

3
MINI PANCAKES
CF PORKCHOP
GREEN BEANS
LOADED POTATOES
ROLL

4
**SAUSAGE
MCGRIDDLE**
BEEF & CHEESE
NACHOS
PINTO BEANS
WK CORN

5
CINNAMON STICK
LASAGNA ROLL-UP
STEAMED BROCCOLI
CARROT STICKS
CHEESE STICK

6
**PANCAKE ON A
STICK**
CF STEAK SANDWICH
SALAD CUP
ONION RINGS

9
**BREAKFAST
PIZZA**
FRITO PIE
PINTO BEANS
RAW BROCCOLI,
CARROTS, & CELERY

10
PB&JELLY
CHICKEN STRIPS
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL

11
**SCRAMBLES
EGG & TOAST**
TAMALES
REFRIED BEANS
SPANISH RICE

12
FRENCH TOAST
SPAGHETTI WITH
MEAT SAUCE
BLACK-EYED PEAS
GARLIC BREAD

13
**SAUSAGE
BISCUIT**
HAMBURGERS
SALAD CUP
FRENCH FRIES

16
**STUDENT
HOLIDAY**

17
MINI PANCAKES
CF STEAK
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL

18
KOLACHES
CHICKEN FAJITAS
REFRIED BEANS
SPANISH RICE

19
**CINNAMON
ROLLS**
PIZZA
WK CORN
RAW BROCCOLI,
CARROTS, OR CELERY

20
**PANCAKE ON A
STICK**
BEEF VEG SOUP
GRILLED CHEESE
SANDWICHES

23
POPARTS
HAMBURGER MAC
RANCHSTYLE BEANS
STEAMED BROCCOLI

24
PB&JELLY
SALSIBURY STEAK
TURNIP GREEN
MASHED POTATOES &
GRAVY
CORNBREAD

25
**SCRAMBLED
EGGS & TOAST**
TACO SALAD
PINTO BEANS

26
MUFFINS
CHICKEN SPAGHETTI
PURPLE-HULL PEAS
RAW BROCCOLI,
CARROTS, OR CELERY
GARLIC BREAD

27
SAUSAGE BISCUIT
BBQ SANDWICH
LOADED POTATES
BAKED BEANS

30
**BREAKFAST
PIZZA**
CHICKEN NUGGETS
RANCHSTYLE BEANS
MAC & CHEESE
RAW CARROTS, OR
BROCCOLI

31
MINI PANCAKES
CF PORKCHOP
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL



Good Eats At:

**DAILY SNACK BAR INCLUDES:
PIZZA OR CORNDOG FOR \$3.50
OR A SALAD FOR \$4.00
THESE ITEMS MUST BE ORDERED
7 PAID FOR IN THE MORNING**

Eggs

Eggs come in all different colors and sizes. The eggs that we buy at the store are produced by female chickens, known as hens. Egg whites are a great source of protein and egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Vitamin D: Since sunlight is a natural source of vitamin D it is sometimes called the "sunshine vitamin". Vitamin D helps our immune system function normally. It's also important for our bones and teeth to grow and be strong.

Farm Regions: High Plains, North Texas, Central Texas, and Coastal Bend

A RAINBOW OF EGG COLORS:

Eggs can be shades of green, blue, tan, and dark brown. Hens with white feathers tend to lay white eggs, while hens with red feathers tend to lay brown eggs. The colored eggs usually come from a variety of different breeds of chickens.



Milk

Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

Calcium: Milk is an excellent source of calcium, helping build and maintaining strong bones and teeth.

Farm Regions: Entire state of Texas

Did You Know? One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

Visit: SquareMeals.org/SeasonalityWheel

MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

7	5	20	1							
13	15	15	15	15	22	5				
15	14	23	9	20	8	13	9	12	11	!

Joke of the Month

Q. What did the mama cow say to baby cow when he wanted to stay up late?
see answer below.



Farming Regions

