

JANUARY



HAPPY NEW YEAR!



Special Announcements

Daily Offerings: 1% Plain, FF
Chocolate Milk and Fruit

Menu Subject To Change

Monday - Pudding
Friday - Pudding



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese OR Pepperoni Pizza Steamed Corn Green Beans	3 General TSO Chick OR Hot Dog WG Rice Oriental Blend Veg Broccoli Fortune Cookie	4 Chick Nuggets OR Brd Beef Steak Mashed Potatoes Green Peas WG Roll WG Cookie	5 Burrito/Chili Sauce OR Corn Dog Pinto Beans Carrots Baby FF Ranch	6 Hamburger OR Chick Sandwich Let/Tom/Pick Cup Curly Fries Ket/Mayo/Mustard
9 Cheese OR Pepperoni Pizza Steamed Corn Romaine Salad FF Ranch	10 Zesty Orange Chick OR Hot Dog WG Rice Stir Fry Vegetables Broccoli Fortune Cookie	11 Chick Tenders OR Steak Fingers Mashed Potatoes Green Beans WG Roll WG Cookie	12 Crisпитos/Cheese OR Corn Dog Carrots Baby Refried Beans Spanish Rice	13 Staff Development
16 HOLIDAY	17 Sweet & Sour Chick OR Hot Dog WG Rice Veg Egg Roll Broccoli Fortune Cookie	18 Chick Drumstick OR Brd Beef Patty Mashed Potatoes Green Beans WG Roll WG Cookie	19 Chick Fajita Nachos OR Corn Dog Pinto Beans Carrots Baby Spanish Rice	20 Hamburger OR Spicy Chick Sand Curly Fries Let/Tom/Pick Cup Ket/Mayo/Mustard
23 Cheese OR Pepperoni Pizza Steamed Corn Romaine Salad FF Ranch	24 Spaghetti/Meat Sauce OR Hot Dog Mixed Vegetables Broccoli Garlic Breadstick	25 Pop Corn Chick OR Steak Fingers Mashed Potatoes Green beans WG Roll WG Cookie	26 Soft Beef Tacos OR Corn Dog Chili Beans Let/Tom Salad Carrots Baby Spanish Rice	27 Cheeseburger OR Grilled Cheese Sand Pork & Beans Let/Tom/Pick Cup Sun Chips Ket/Must/Mayo
30 Cheese OR Pepperoni Pizza Steamed Corn Romaine Salad FF Ranch	31 General TSO Chick OR Hot Dog WG Rice Oriental Blend Veg Broccoli Fortune Cookie			Good Eats At: Tioga Lunch 9-12

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	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