

JANUARY



HAPPY NEW YEAR!



Special Announcements

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

Menu Subject To Change



Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Patty Toast OR Cereal Toast Jelly	3 Waffles OR Cereal Cheese Stick Syrup	4 Donut OR Cereal Pop Tart	5 Breakfast Pizza OR Cereal Pop Tart	6 Biscuit Chick Patty OR Cereal Pop Tart Gravy / Jelly
9 Pancakes OR Cereal Pop Tart Syrup	10 Eggstravaganza Toast OR Cereal Toast Jelly	11 Chocolate Muffin OR Cereal Pop Tart	12 French Toast Sticks OR Cereal Pop Tart Syrup	13 Staff Development
16 Holiday	17 Egg Patty Toast OR Cereal Toast Jelly	18 Donut OR Cereal Pop Tart	19 Breakfast Pizza OR Cereal Pop Tart	20 Biscuit Chick Patty OR Cereal Pop Tart Gravy / Jelly
23 Pancakes OR Cereal Pop Tart Syrup	24 Eggstravaganza Toast OR Cereal Toast Jelly	25 Chocolate Muffin OR Cereal Pop Tart	26 French Toast Sticks OR Cereal Pop Tart	27 Biscuit Sausage OR Cereal Pop Tart Gravy / Jelly
30 Egg Patty Toast OR Cereal Toast Jelly	31 Waffles OR Cereal Pop Tart Syrup			
<div>Good Eats At:</div> <div>Tioga Breakfast PK - 12</div>				

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

Activities

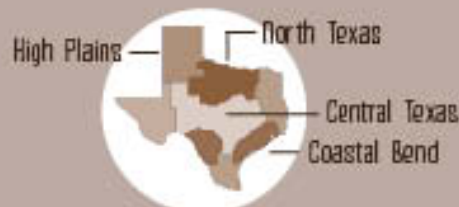
MESSAGE DECODER

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



MESSAGE: MESS. Get a Message on with M&M.
J&E: MESS. It's pasture bedtime.