

# JANUARY

## Special Announcements

Welcome back!

For a full listing of your school's menus, please visit <http://schools.mealviewer.com/school/austinelementary>



Monday

Tuesday

Wednesday

Thursday

Friday

2  
3  
**CHRISTMAS BREAK**

4  
MEATBALL SUB  
OR CORNDOG  
SLICED CARROTS  
TOSSED SALAD  
FRESH FRUIT

5  
FRITO PIE  
OR PIZZA  
GREEN BEANS  
CELERY STICKS  
PINEAPPLE TIDBITS

6  
POPCORN SHRIMP  
OR HAMBURGER  
FRENCH FRIES  
BABY CARROTS  
FRESH FRUIT

**BREAKFAST**  
PANCAKE 'N SAUSAGE STICK  
SPAGHETTI & MEAT SAUCE  
OR POPCORN CHICKEN  
MIXED VEGETABLES  
TOSSED SALAD  
FRESH FRUIT

**BREAKFAST**  
MINI WAFFLES  
CHICKEN QUESADILLA  
OR PIZZA  
PINTO BEANS  
CUCUMBER SLICES  
DICED PEACHES

**BREAKFAST**  
CEREAL & TOAST  
CHEESY PULL-APART  
OR HOT DOG / CHILI DOG  
FRENCH FRIES  
CELERY STICKS  
FRESH FRUIT

9  
MINI CORNDOGS  
OR CHICKEN NUGGETS  
GREEN BEANS  
SLICED CARROTS  
SPICED APPLES

10  
HOT HAM & CHEESE  
OR STEAK FINGERS  
STEAMED BROCCOLI  
BABY CARROTS  
PINEAPPLE TIDBITS

**BREAKFAST**  
BREAKFAST PIZZA

**BREAKFAST**  
MINI DONUTS

**BREAKFAST**  
CEREAL & TOAST

16  
**MARTIN LUTHER KING DAY**

17  
COMBO SUB  
OR PIZZA DIPPERS  
CORN  
TOSSED SALAD  
DICED PEARS

18  
SOFT TACO  
OR CORNDOG  
REFRIED BEANS  
CELERY STICKS  
FRESH FRUIT

19  
BREAKFAST FOR LUNCH  
OR PIZZA  
MIXED VEGETABLES  
CUCUMBER SLICES  
DICED PEACHES

20  
FISH STRIPS  
OR HAMBURGER  
GREEN BEANS  
BABY CARROTS  
FRESH FRUIT

**BREAKFAST**  
FRENCH TOAST

**BREAKFAST**  
PANCAKE 'N SAUSAGE STICK

**BREAKFAST**  
MINI WAFFLES

**BREAKFAST**  
CEREAL & TOAST

23  
RAVIOLI  
OR CHICKEN NUGGETS  
STEAMED BROCCOLI  
SLICED CARROTS  
SPICED APPLES

24  
GRILLED CHEESE SANDWICH  
OR STEAK FINGERS  
MIXED VEGETABLES  
TOSSED SALAD  
DICED PEARS

25  
TACO SALAD  
OR POPCORN CHICKEN  
REFRIED BEANS  
CUCUMBER SLICES  
FRESH FRUIT

26  
MINI TWIN BURGERS  
OR PIZZA  
GREEN BEANS  
BABY CARROTS  
PINEAPPLE TIDBITS

27  
BEAN & CHEESE BURRITO  
OR HOT DOG / CHILI DOG  
FRENCH FRIES  
CELERY STICKS  
FRESH FRUIT

**BREAKFAST**  
BREAKFAST BURRITO  
MACARONI & CHEESE  
OR CHICKEN NUGGETS  
MIXED VEGETABLES  
SPINACH  
APPLESAUCE

**BREAKFAST**  
MINI PANCAKES  
RED BURRITO  
OR PIZZA DIPPERS  
REFRIED BEANS  
CUCUMBER SLICES  
DICED PEACHES

**BREAKFAST**  
BREAKFAST PIZZA

**BREAKFAST**  
MINI DONUTS

**BREAKFAST**  
CEREAL & TOAST

30  
MACARONI & CHEESE  
OR CHICKEN NUGGETS  
MIXED VEGETABLES  
SPINACH  
APPLESAUCE

31  
RED BURRITO  
OR PIZZA DIPPERS  
REFRIED BEANS  
CUCUMBER SLICES  
DICED PEACHES



**BREAKFAST**  
BISCUIT & SAUSAGE

**BREAKFAST**  
FRENCH TOAST

Good Eats At:

**AUSTIN ELEMENTARY**

# 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](http://SquareMeals.org/SeasonalityWheel)

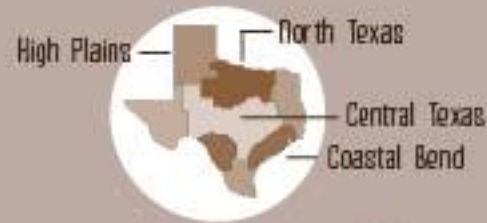
## MESSAGE DECODER

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



SMILE: JESSE; BEI: A. MASON; WITH: M/M; #2548: IT'S PASTURE BEDTIME.