

JANUARY



HAPPY NEW YEAR!



Special Announcements

WELCOM BACK!
WE HOPE EVERYONE HAD A SAFE AND
HAPPY HOLIDAY!!

IN ORDER TO PREVENT THE FLU, SOME VERY SIMPLE STEPS
ARE:

1. FREQUENT HAND WASHING
2. AVOID TOUCHING YOUR EYES, NOSE AND MOUTH-
GERMS SPREAD THIS WAY
3. COUGH OR SNEEZE INTO YOUR UPPER SLEEVE, NOT
YOUR HANDS
4. DRINK PLENTY OF FLUIDS
5. EAT FOODS RICH IN VITAMIN C



THE DEPARTMENT OF AGRICULTURE
COMMMISSIONER WIG MULLER

Monday

Tuesday

Wednesday

Thursday

Friday

2
3
CHRISTMAS BREAK

4
**CORNDOG
SLICED CARROTS
FRESH FRUIT**

**BREAKFAST
PANCAKE 'N SAUSAGE STICK
STRAWBERRY CUP**

5
**PEPPERONI PIZZA
GREEN BEANS
PINEAPPLE TIDBITS**

**BREAKFAST
MINI WAFFLES
MIXED FRUIT CUP**

6
**HAMBURGER
FRENCH FRIES
FRESH FRUIT**

**BREAKFAST
CEREAL
DICED PEACH CUP**

9
**MINI CORNDOGS
GREEN BEANS
MIXED FRUIT**

**BREAKFAST
BREAKFAST BURRITO
DICED PEACH CUP**

10
**STEAK FINGERS
STEAMED BROCCOLI
PINEAPPLE TIDBITS**

**BREAKFAST
MINI PANCAKES
MIXED FRUIT CUP**

11
**SPAGHETTI & MEAT SAUCE
MIXED VEGETABLES
FRESH FRUIT**

**BREAKFAST
BREAKFAST PIZZA
STRAWBERRY CUP**

12
**CHICKEN QUESADILLA
PINTO BEANS
DICED PEACHES**

**BREAKFAST
MINI DONUTS
MIXED FRUIT CUP**

13
**HOT DOG
FRENCH FRIES
FRESH FRUIT**

**BREAKFAST
CEREAL
DICED PEACH CUP**

16
**MARTIN
LUTHER
KING
DAY**

17
**PIZZA DIPPERS
CORN
DICED PEARS**

**BREAKFAST
FRENCH TOAST
MIXED FRUIT CUP**

18
**SOFT TACO
REFRIED BEANS
FRESH FRUIT**

**BREAKFAST
PANCAKE 'N SAUSAGE STICK
STRAWBERRY CUP**

19
**CHEESE PIZZA
MIXED VEGETABLES
DICED PEACHES**

**BREAKFAST
MINI WAFFLES
MIXED FRUIT CUP**

20
**HAMBURGER
GREEN BEANS
FRESH FRUIT**

**BREAKFAST
CEREAL
DICED PEACH CUP**

23
**RAVIOLI WITH BISCUIT
STEAMED BROCCOLI
SPICED APPLES**

**BREAKFAST
BREAKFAST BURRITO
DICED PEACH CUP**

24
**GRILLED CHEESE
MIXED VEGETABLES
DICED PEARS**

**BREAKFAST
MINI PANCAKES
MIXED FRUIT CUP**

25
**POPCORN CHICKEN
REFRIED BEANS
FRESH FRUIT**

**BREAKFAST
BREAKFAST PIZZA
STRAWBERRY CUP**

26
**MINI TWIN BURGERS
GREEN BEANS
PINEAPPLE TIDBITS**

**BREAKFAST
MINI DONUTS
MIXED FRUIT CUP**

27
**HOT DOG
FRENCH FRIES
FRESH FRUIT**

**BREAKFAST
CEREAL
DICED PEACH CUP**

30
**MACARONI & CHEESE
MIXED VEGETABLES
APPLESAUCE**

**BREAKFAST
BISCUIT & SAUSAGE
DICED PEACH CUP**

31
**PIZZA DIPPERS
REFRIED BEANS
DICED PEACHES**

**BREAKFAST
FRENCH TOAST
MIXED FRUIT CUP**



Good Eats At:

BRIGHT BEGINNINGS

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

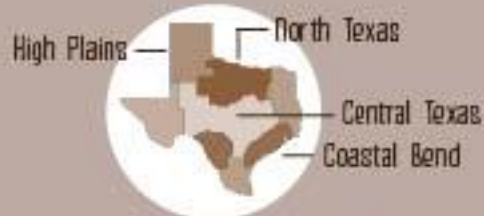
Did You Know? One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

Visit: SquareMeals.org/SeasonalityWheel



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 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

