

JANUARY

Special Announcements

Welcome back!

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



Monday

Tuesday

Wednesday

Thursday

Friday

CHRISTMAS BREAK

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

BREAKFAST
EGG & CHEESE WRAP

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

BREAKFAST
MINI PANCAKES

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

BREAKFAST
SAUSAGE ROLL

12 **CHICKEN QUESADILLA**
OR PIZZA
PINTO BEANS
CUCUMBER SLICES
DICED PEACHES

BREAKFAST
CEREAL BAR

13 **CHEESY PULL-APART**
OR HOT DOG / CHILI DOG
FRENCH FRIES
CELERY STICKS
FRESH FRUIT

BREAKFAST
BREAKFAST PIZZA

16 **MARTIN LUTHER KING DAY**

17 **COMBO SUB**
OR PIZZA DIPPERS
CORN
TOSSED SALAD
DICED PEARS

BREAKFAST
MINI DONUTS

18 **SOFT TACO**
OR CORNDOG
REFRIED BEANS
CELERY STICKS
FRESH FRUIT

BREAKFAST
PANCAKE 'N SAUSAGE STICK

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

BREAKFAST
MINI WAFFLES

20 **FISH STRIPS**
OR HAMBURGER
GREEN BEANS
BABY CARROTS
FRESH FRUIT

BREAKFAST
BREAKFAST PIZZA

23 **RAVIOLI**
OR CHICKEN NUGGETS
STEAMED BROCCOLI
SLICED CARROTS
SPICED APPLES

BREAKFAST
EGG & CHEESE WRAP

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

BREAKFAST
MINI PANCAKES

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

BREAKFAST
SAUSAGE ROLL

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

BREAKFAST
CEREAL BAR

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

BREAKFAST
BREAKFAST PIZZA

31 **MACARONI & CHEESE**
OR CHICKEN NUGGETS
MIXED VEGETABLES
SPINACH
APPLESAUCE

BREAKFAST
SAUSAGE BISCUIT

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

BREAKFAST
MINI DONUTS



Good Eats At:

**LAMAR
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



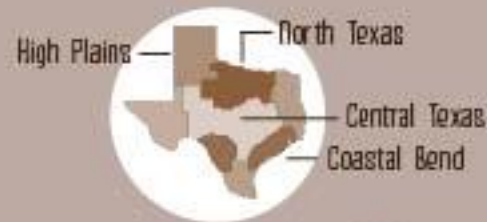
MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
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				Z - 26

7	5	20	1		
13	15	15	15	15	22
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