

# 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



Monday

Tuesday

Wednesday

Thursday

Friday

2 } CHRISTMAS BREAK }

4 CORNDOG  
SLICED CARROTS  
FRESH FRUIT

BREAKFAST  
PANCAKE 'N SAUSAGE STICK  
APPLESAUCE CUP

5 PEPPERONI PIZZA  
GREEN BEANS  
PINEAPPLE TIDBITS

BREAKFAST  
MINI WAFFLES  
MANDARIN ORANGE CUP

6 HAMBURGER  
FRENCH FRIES  
FRESH FRUIT

BREAKFAST  
BREAKFAST PIZZA  
PINEAPPLE TIDBITS CUP

9 MINI CORNDOGS  
GREEN BEANS  
MIXED FRUIT

BREAKFAST  
EGG & CHEESE WRAP  
MANDARIN ORANGE CUP

10 STEAK FINGERS  
STEAMED BROCCOLI  
PINEAPPLE TIDBITS

BREAKFAST  
MINI PANCAKES  
DICED PEACH CUP

11 SPAGHETTI & MEAT SAUCE  
MIXED VEGETABLES  
FRESH FRUIT

BREAKFAST  
SAUSAGE ROLL  
STRAWBERRY CUP

12 CHICKEN QUESADILLA  
PINTO BEANS  
DICED PEACHES

BREAKFAST  
CEREAL BAR  
DICED PEAR CUP

13 HOT DOG  
FRENCH FRIES  
FRESH FRUIT

BREAKFAST  
BREAKFAST PIZZA  
MIXED FRUIT CUP

16 MARTIN  
LUTHER  
KING  
DAY

17 PIZZA DIPPERS  
CORN  
DICED PEARS

BREAKFAST  
MINI DONUTS  
TROPICAL FRUIT CUP

18 SOFT TACO  
REFRIED BEANS  
FRESH FRUIT

BREAKFAST  
PANCAKE 'N SAUSAGE STICK  
APPLESAUCE CUP

19 CHEESE PIZZA  
MIXED VEGETABLES  
DICED PEACHES

BREAKFAST  
MINI WAFFLES  
MANDARIN ORANGE CUP

20 HAMBURGER  
GREEN BEANS  
FRESH FRUIT

BREAKFAST  
BREAKFAST PIZZA  
PINEAPPLE TIDBITS CUP

23 RAVIOLI WITH BISCUIT  
STEAMED BROCCOLI  
SPICED APPLES

BREAKFAST  
EGG & CHEESE WRAP  
MANDARIN ORANGE CUP

24 GRILLED CHEESE  
MIXED VEGETABLES  
DICED PEARS

BREAKFAST  
MINI PANCAKES  
DICED PEACH CUP

25 POPCORN CHICKEN  
REFRIED BEANS  
FRESH FRUIT

BREAKFAST  
SAUSAGE ROLL  
STRAWBERRY CUP

26 MINI TWIN BURGERS  
GREEN BEANS  
PINEAPPLE TIDBITS

BREAKFAST  
CEREAL BAR  
DICED PEAR CUP

27 HOT DOG  
FRENCH FRIES  
FRESH FRUIT

BREAKFAST  
BREAKFAST PIZZA  
MIXED FRUIT CUP

30 MACARONI & CHEESE  
MIXED VEGETABLES  
APPLESAUCE

BREAKFAST  
BISCUIT & SAUSAGE  
DICED PEACH CUP

31 PIZZA DIPPERS  
REFRIED BEANS  
DICED PEACHES

BREAKFAST  
MINI DONUTS  
TROPICAL FRUIT CUP



Good Eats At:

**PRE-K &  
HEADSTART**

# 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

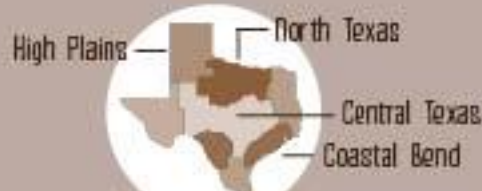
**Got Milk?** Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

**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)



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

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.