

February 2015

Score BIG

with a HEALTHY TEXAS MEAL

Did You Know? Kids, citrus fruits are still in season and this is the perfect month to try a variety of oranges! Have you ever eaten a Moro "blood" orange? *It's delicious!*

Monday

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **2**

Tuesday

Breakfast Taquito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **3**

Wednesday

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **4**

Thursday

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **5**

Friday

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **6**

Good Eats at

Zephyr I S D

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **9**

Breakfast Taquito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **10**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **11**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **12**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **13**

Special Announcements

Breakfast Free to K-12
Lunch –

K -12 \$2.35
Adults \$3.00

OUT

Staff
Development
Day **16**

Breakfast Taquito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **17**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **18**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **19**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **20**



TEXAS DEPARTMENT OF AGRICULTURE

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **23**

Breakfast Taquito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **24**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **25**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **26**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **27**

Texas Scores Big, South Texas' sub-tropical climate is absolutely perfect for growing **Texas oranges**. The days are filled with sunshine while the nights offer warm tropical breezes coming off the Gulf of Mexico.



"Texas Citrus Salsa" Recipe

- 1 Texas red grapefruit
- 1 large Texas orange
- 1 medium tomato
- 1 red, yellow and green bell pepper
- 1 jalepeno pepper
- 1 red onion
- fresh cilantro
- sugar
- salt



For cooking directions visit texasweet.com and click on recipes.