

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

Steak Fingers
Quick Baked Potato
Seasoned Corn
Baby Carrots
Fresh Fruit Bowl
Milk Variety

2

Tuesday

Asian Chicken
Brown Rice
Carrot Coins
Broccoli Bites
Chilled Pineapple
Sugar Cookie
Milk Varietv

3

Wednesday

Tex-Mex Stack
Spanish Rice
Refried Beans
Garden Salad
Hot Cinnamon Apples
Milk Variety

4

Thursday

Chicken Parmesan
Breadsticks
Green Beans
Garden salad
Fresh Apple Slices
Milk Variety

5

Friday

Hamburger
Hamburger Garnish
Potatoes Round
Pinto Beans
Diced Pears
Milk Variety

6

Good Eats at

Zephyr I S D

Special Announcements

Breakfast Free to K-12

Lunch –

K -12 \$2.35

Adults \$3.00



TEXAS DEPARTMENT OF AGRICULTURE

Breaded Pork Chop
Garden Salad
Carrot Coins
Sliced Peaches
Breadsticks
Chocolate/Vanilla
Pudding
Milk Variety

9

Cheese Enchiladas
Tortilla Chips
Garden Salad
Charro Beans, Salsa,
Cinnamon Applesauce
Milk Variety

10

Chicken Strips
Mashed Potatoes
Green Beans
Strawberries &
Bananas
Hot Roll
Milk Variety

11

Beef & Bean Burrito
Tortilla Chips
Broccoli Bites
Garden Salad
Orange Smiles
Milk Variety

12

Sloppy Joe
Potato Fries
Cucumber Dippers
Fresh Fruit
Cookie
Milk Variety

13

OUT

Staff Development
Day

16

Pizza Choice
Garden Salad
Fresh Veggie Cup
Mixed Fruit
Milk Variety

17

Chicken & Broccoli
Penne w/ Breadsticks,
Garden Salad
Baby Carrots w/Ranch,
Apple Slices
Brownie Cookie
Milk Variety

18

Bulldog Chicken Bowl
Mashed Potatoes,
Corn, Gravy
Roll
Apple-Pineapple
D'Lite
Milk Variety

19

BBQ on a Bun,
Coleslaw,
Pinto Beans
Carrots w/Ranch
Orange Smiles
Milk Variety

20

Texas Combo
Basket
Charro Beans,
Garden Salad
Hot Cinnamon
Apples
Milk Variety

23

Philly Cheese Steak
Sandwich
Potato Rounds, Fresh
Veggie Cup
Fresh Fruit
Carnival Cookie
Milk Variety

24

Hot Ham & Cheese
Sandwich
Vegetable Soup
Baby carrots
w/Ranch
Fruit Cup
Milk Varietv

25

Chicken Nuggets
Mac & Cheese
Garden Salad
Green Beans
Apple Slices
Crispy Cereal Treat
Milk Variety

26

Hamburger
Hamburger Garnish
Seasoned Corn
Baby Carrots
w/ranch
Sliced Peaches
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 jalapeno pepper
- 1 red onion
- fresh cilantro
- sugar
- salt



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