

December 2014

Score BIG

with a HEALTHY TEXAS MEAL

Score Big this month by eating a variety of citrus! This is the season to taste satsumas, blood oranges, tangerines, clementines and tangelos. Choose fruits that feel firm and heavy for their size. Taste and enjoy!



Monday

Cooks Choice
Mac & Cheese
Green Peas
Salad
Rolls
Apricot
Milk Choice

1

Tuesday

Grilled Cheese
Sandwich, Soup
Baby Carrots
Salad
Pears
Lime Sherbert
Milk Choice

2

Wednesday

Chicken Sandwich
Oven Fries
Fresh Veggie Cup
Fruity Gelatin
Milk Variety

3

Thursday

Meaty Pasta bake
Garden Salad
Steamed Broccoli
Fresh Grapes
Breadsticks
Choc Chip Cookie
Milk Variety

4

Friday

Ultimate Taco Salad
Spanish Rice
Tomato/Cucumber
Cup
Baby Carrots w/Ranch
Mandarin Oranges
Milk Variety

5

Good Eats at

Zephyr ISD

Special Announcements

LUNCH -- Dec.1

ELEM.—Chicken Nuggets

Jr. High---Chicken Strips

High School- Pork Chop or

Chicken Patty



TEXAS DEPARTMENT OF AGRICULTURE

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

8

Asian Chicken
Brown Rice
Baby Carrots
Steamed Broccoli
Chilled Pineapple
Sugar Cookie
Milk Variety

9

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

10

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

11

Hamburger
Hamburger Garnish
Potatoes Round
Western Beans
Diced Pears
Milk Variety

12

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

15

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

16

Smoked Brisket
Pinto Beans
Potato Salad
Cole Slaw
Sliced Bread
Fruit Cobbler
Milk Variety

17

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

18

Sandwich Choice
Lettuce / Tomato
Mixed Veggies
Fruit Choice
Baked Chips
Milk Variety

19

OUT

22

OUT

23

OUT

24

Happy
holidays

25

OUT

26

OUT

29

OUT

30

2015
HAPPY NEW YEAR

31

Citrus drinks like orange juice and grapefruit juice are very refreshing when the weather is hot, but did you know that summer is not citrus season? Peak citrus season is actually in the fall and winter!



Texas Scores Big!

Did you know that Texas oranges are in season from September through April?

South Texas scores big because its sub-tropical climate is perfect for growing them!

To learn more about Texas citrus fruits visit www.texasweet.com

