

January 2015



Score BIG

with a HEALTHY TEXAS MEAL

Texas Scores Big! What is orange on the outside, red on the inside and was designated the official state fruit of Texas in 1993? **The Texas Ruby Red Grapefruit!** It was discovered on a farm in McAllen, Texas in 1929.



Monday

Tuesday

Wednesday

Thursday

Friday

Kids, as mentioned last month, it's citrus season! This month, try grapefruit. Did you know freshly squeezed grapefruit juice, stored covered in the refrigerator, will retain 98% of its vitamin C for up to a week. **That is one healthy drink!**



OUT 2

Good Eats at
Zephyr I S D

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **5**

Breakfast Burrito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **6**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **7**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **8**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **9**

Special Announcements
**Breakfast Free to K-12
Lunch –**
K -12 \$2.35
Adults \$3.00



TEXAS DEPARTMENT OF AGRICULTURE

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **12**

Breakfast Burrito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **13**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **14**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **15**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **16**

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **19**

Breakfast Burrito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **20**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **21**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **22**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **23**

French toast Stick
Breakfast Sandwich
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **26**

Breakfast Burrito
Pancakes
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **27**

Cinnamon Roll
Breakfast Pizza
Cereal
Fresh Fruit
Fruit Juice Choice
Milk variety **28**

Breakfast Kolache
Muffins
Cereal
Fresh Fruit
Fruit Choice
Milk variety **29**

Bulldog Breakfast
Oatmeal
Fresh Fruit
Fruit Choice
Milk variety **30**

"Texas Grapefruit Sunriser Smoothie" Recipe

- 2 Texas Red Grapefruits
- 8 large strawberries
- 2 ripe bananas
- 8 ounces strawberry-banana yogurt
- 2 tablespoons honey
- 1 cup crushed ice



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

