Score BIG with a HEALTHY TEXAS MEAL

January 2015

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 Grapefuit! 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!			1	OUT 2
Pizza Choice Garden Salad Fresh Veggie Cup Mixed Fruit Milk Variety 5	Baked Potato w/ Ham & Cheese Garden Salad Seasoned Corn Snowball Salad Milk Variety 6	Chicken & Broccoli Penne w/ Breadsticks, Garden Salad Baby Carrots w/Ranch, Apple Slices Brownie Cookie 7	Bulldog Chicken Bowl Mashed Potatoes, Corn, Gravy Roll Apple-Pineapple D`Lite Milk Variety 8	BBQ on a Bun, Coleslaw, Pinto Beans Carrots w/Ranch Orange Smiles Milk Variety 9
Texas Combo Basket Charro Beans, Garden Salad Hot Cinnamon Apples Milk Variety 12	Philly Cheese Steak Sandwich Potato Rounds, Fresh Veggie Cup Fresh Fruit Carnival Cookie Milk Variety 13	Hot Ham & Cheese Sandwich Vegetable Soup Baby carrots w/Ranch Fruit Cup Milk Variety 14	Chicken Nuggets Mac & Cheese Garden Salad Green Beans Apple Slices Crispy Cereal Treat Milk Variety 15	Hamburger Hamburger Garnish Seasoned Corn Baby Carrots w/ranch Sliced Peaches Milk Variety 16
Country Fried Steak Mashed Potatoes Gravy, Roll Green Beans Strawberry Cup Milk Variety 19	Chicken Quesadilla Salsa Garden Salad Refried Beans Applesauce Milk Variety 20	Chicken Spaghetti Breadsticks Garden Salad California Blend Apple Slices Milk Variety 21	Soft Beef Tacos Baby Carrots w/Ranch Tortilla Chips Seasoned Corn Salsa Orange Smiles Milk Variety 22	Popcorn Chicken Zesty Cucumbers Sweet Potato Fries Sliced Peaches Milk Variety 23
Corn Dog Baked Beans Crunchy Broccoli Salad Apple / Pineapple D`lite Milk Variety 26	Grilled Cheese Sandwich, Soup Baby Carrots Salad Pears Lime Sherbet Milk Variety 27	Beef & Bean Burrito Oven Fries Fresh Veggie Cup Fruity Gelatin Milk Variety 28	Chicken Nuggets Garden Salad Steamed Broccoli Fresh Grapes Breadsticks Choc Chip Cookie Milk Variety 29	Ultimate Taco Salad Spanish Rice Tomato/CucumberCup Baby Carrots w/Ranch Mandarin Oranges Milk Variety 30

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

"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.

This product was funded by USDA. This institution is an equal opportunity provider.