

JANUARY



HAPPY NEW YEAR!



Special Announcements

Daily Alternate Meal Choice

- Grape or Strawberry P B & J Sandwich
- Fruit
- Vegetable
- Milk Variety



Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3 Staff Development	4 PIZZA CHOICE GARDEN SALAD VEGETABLE MEDLEY ORANGE SMILES MILK VARIETY	5 Soft Tacos Baby Carrots Mexicali Corn, Salsa Lettuce & Tomato Peaches, Cookie Milk Variety	6 Cheeseburger Hamburger Salad Oven Fries Apple Slices Milk Variety
9 Corn Dog & Tots Baked Beans Broccoli Bites Apple-Pineapple D'Lite Milk Variety	10 Nachos Grande Refried Beans, Salsa Cucumber Dippers Tomato Cup Pears Lime Sherbet Cup Milk Variety	11 Chicken Sandwich Oven Fries Fresh Veggie Cup Lettuce & Tomato Garnish Mandarin Oranges Milk Variety	12 Salisbury Steak, Biscuit, Brown Gravy, Roasted Potatoes Garden Salad Fruity Gelatin Milk Variety	13 Pizza Choice Baby Carrots Crunchy Broccoli Salad Fresh Grapes, Cookie Milk Variety
16 Out	17 Asian Orange Chicken Egg Roll Steamed Broccoli Chilled Pineapple Sugar Pineapple Milk Variety	18 Chicken Fajitas Lettuce & Tomato Refried Beans, Salsa, Tiny Tomato Cup Hot Cinnamon Apples Milk Variety	19 Pulled Pork Slider Multi- Grain Chips Coleslaw Green Beans Apple Slices Milk Variety	20 Cheeseburger Hamburger Salad Oven Fries Fresh Veggie Cup Orange Smiles Milk Variety
23 Steak Fingers Gravy, Hot Roll Mashed Potatoes Carrot Coins Strawberries & Bananas Milk Variety	24 Spaghetti Bowl Breadstick, California Blend Vegetables Garden Salad Sliced Peaches Choc./Vanilla Pudding Milk Variety	25 Teriyaki Beef Sliders Baked Potato Chips Broccoli Bites Tiny Tomato Cup Orange Smiles Milk Variety	26 Chicken Quesadilla Mexicali Corn Charo Beans, Salsa Lettuce & Tomato Salad Cinnamon Applesauce Milk Variety	27 Sloppy Joe Sandwich Oven Fries Cucumber Dippers Fresh Fruit Cookie Milk Variety
30 Philly Cheese Steak Sand. Potato Rounds Green Beans Apple-Pineapple Milk Variety	31 Asian Sichuan Chicken Egg Roll, Garden Salad Tomato-Cucumber Cup Snowball Salad Milk Variety		Good Eats At: <h2>Zephyr ISD</h2>	

Eggs

Eggs come in all different colors and sizes. The eggs that we buy at the store are produced by female chickens, known as hens. Egg whites are a great source of protein and egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Vitamin D: Since sunlight is a natural source of vitamin D it is sometimes called the "sunshine vitamin". Vitamin D helps our immune system function normally. It's also important for our bones and teeth to grow and be strong.

Farm Regions: High Plains, North Texas, Central Texas, and Coastal Bend

A RAINBOW OF EGG COLORS:

Eggs can be shades of green, blue, tan, and dark brown. Hens with white feathers tend to lay white eggs, while hens with red feathers tend to lay brown eggs. The colored eggs usually come from a variety of different breeds of chickens.



Milk

Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

Calcium: Milk is an excellent source of calcium, helping build and maintaining strong bones and teeth.

Farm Regions: Entire state of Texas

Did You Know? One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

Visit: SquareMeals.org/SeasonalityWheel

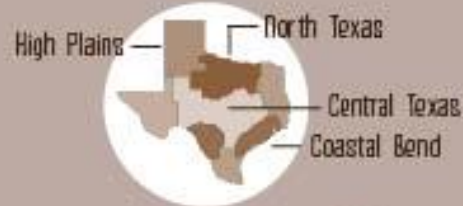
MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

7	5	20	1							
13	15	15	15	22	5					
15	14	23	9	20	8	13	9	12	11	!

Joke of the Month

Q. What did the mama cow say to baby cow when he wanted to stay up late?
see answer below.



Farming Regions



MESSAGE: #RUB. Get a #Moove on with #M! #JDE. #RUB. It's pasture bedtime.