

JANUARY 2018

MON TUE WED THUR FRI

Good Eats at:
Head Start/PreK

Special Announcements

Breakfast free PK-8, \$1.75 grades 9-12
Lunch: \$3.00 paid, \$4.00 reduced
\$3.75 for non-students, adults

Breakfast is served with a choice of milk, juice and fruit.

Lunch is served with a choice of milk.

Menu is subject to change without notice due to weekly delivery.

<p>1</p>	<p>2</p>	<p>Breakfast muffin Chicken nuggets Mac-n-cheese Green beans Apple slices</p> <p>3</p>	<p>Sausage kolache Pizza Seasoned corn Fruity jello</p> <p>4</p>	<p>French toast sticks Cheeseburger Hamburger garnish Cucumber slices Cinnamon applesauce</p> <p>5</p>
<p>Breakfast sandwich Steak fingers Gravy Mashed potatoes Carrot coins Roll Strawberries & bananas</p> <p>6</p>	<p>Pancake wrap French bread pizza California blend veggies Fruit cup</p> <p>9</p>	<p>Breakfast muffin Boneless chicken wings Celery sticks Carrots sticks Orange smiles</p> <p>10</p>	<p>Breakfast boat Chicken quesadilla Refried beans Salsa Peaches</p> <p>11</p>	<p>Waffle Popcorn chicken Roll Broccoli bites Oven fries Fresh seasonal fruit</p> <p>12</p>
<p>No School</p> <p>15</p>	<p>Breakfast sandwich Crispy tacos Sliced fresh veggies Pinto beans Apples</p> <p>16</p>	<p>Breakfast loaf Stuffed shells Garden salad Pears</p> <p>17</p>	<p>Chicken-n-biscuit Hot dog Oven fries Baby carrots Orange smiles</p> <p>18</p>	<p>Muffin top Pulled pork sliders Celery sticks Green beans Pineapple tidbits</p> <p>19</p>
<p>Breakfast pizza Corndog Tater tots Baked beans Apple slices</p> <p>22</p>	<p>Mini pancakes Nachos grande Refried beans Salsa Cucumber slices Peaches</p> <p>23</p>	<p>Breakfast muffin Chicken sandwich Oven fries Sliced fresh veggies Mandarin oranges</p> <p>24</p>	<p>Sausage kolache Hamburger steak Roasted potatoes Brown gravy Fruity jello</p> <p>25</p>	<p>French toast sticks Ham & cheese melt Crunchy broccoli salad Sliced seasonal fruit</p> <p>26</p>
<p>Breakfast sandwich Country fried steak strips Gravy Mashed potatoes Roll</p> <p>29</p>	<p>Pancake wrap Meat/cheese chalupa Salsa Cucumber slices Refried beans Rosy applesauce</p> <p>30</p>	<p>Breakfast muffin Chicken tenders Gravy Broccoli Sweet potato fries Mixed fruit</p> <p>31</p>		

11
HAPPY NEW YEAR!

+200
+100
+50



Fun facts on back!







TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

JANUARY 2018

MON TUE WED THUR FRI

Good Eats at:
Henrietta ISD K-8

11
HAPPY NEW YEAR!

+200 
+100  
+50 

Special Announcements

Breakfast free PK-8,
\$1.75 grades 9-12
Lunch: \$3.00 paid, \$.40 reduced
\$3.75 for non-students, adults

Breakfast is served with a choice of milk, juice and fruit.

Lunch is served with a choice of milk.

Menu is subject to change without notice due to weekly delivery.

<p>1</p>	<p>2</p>	<p><u>Breakfast muffin</u> Chicken nuggets Mac-n-cheese Green beans Garden salad Apple slices 3</p>	<p><u>Sausage kolache</u> Pizza Seasoned corn Tiny tomato cup Fruity jello 4</p>	<p><u>French toast sticks</u> Cheeseburger Hamburger garnish Cucumber slices Baby carrots 5</p>
<p><u>Mini cinnis</u> Steak fingers Gravy Mashed potatoes Carrot coins Roll Strawberries & bananas 6</p>	<p><u>Pancake wrap</u> French bread pizza Marinara sauce Garden salad California blend veggies Fruit cup Pudding 9</p>	<p><u>Breakfast muffin</u> Boneless chicken wings Celery sticks Carrots sticks Orange smiles Brownie 10</p>	<p><u>Breakfast boat</u> Chicken quesadilla Corn Refried beans Salsa Peaches 11</p>	<p><u>Waffle</u> Popcorn chicken Roll Broccoli bites Oven fries Fresh seasonal fruit 12</p>
<p>No School 15</p>	<p><u>Breakfast sandwich</u> Crispy tacos Fresh veggie cup Pinto beans Lettuce/tomato garnish Salsa 16</p>	<p><u>Mini donuts</u> Stuffed shells Garden salad Tuscan veggies Breadstick Pears 17</p>	<p><u>Chicken-n-biscuit</u> Hot dog Oven fries Baby carrots Orange smiles 18</p>	<p><u>Muffin top</u> Pulled pork sliders Celery sticks Green beans Pineapple tidbits 19</p>
<p><u>Breakfast strudel</u> Corndog Tater tots Baked beans Apple slices 22</p>	<p><u>Mini pancakes</u> Nachos grande Refried beans Salsa Tiny tomato cup Cucumber slices Peaches 23</p>	<p><u>Breakfast muffin</u> Chicken sandwich Oven fries Fresh veggie cup Mandarin oranges Lime sherbet 24</p>	<p><u>Sausage kolache</u> Hamburger steak Roasted potatoes Brown gravy Biscuit Garden salad Fruity jello 25</p>	<p><u>French toast sticks</u> Ham & cheese malt Baby carrots Crunchy broccoli salad Seasonal fruit 26</p>
<p><u>Mini cinnis</u> Country fried steak Gravy Mashed potatoes Okra Roll 29</p>	<p><u>Pancake wrap</u> Meat/cheese chalupa Salsa Cucumber slices Refried beans Rosy applesauce 30</p>	<p><u>Breakfast muffin</u> Chicken tenders Texas toast Gravy Broccoli Sweet potato fries Mixed fruit 31</p>		



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back! 

JANUARY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

Henrietta High School

11

HAPPY NEW YEAR!

+200

+100

+50

Special Announcements

Breakfast free PK-8, \$1.75 grades 9-12
Lunch: \$3.00 paid, \$4.00 reduced
 \$3.75 for non-students, adults

Breakfast is served with a choice of milk, juice and fruit.

Lunch is served with a choice of milk.

Menu is subject to change without notice due to weekly delivery.

1

Pancakes/bacon
Steak fingers
 Gravy
 Mashed potatoes
 Carrot coins
 Strawberries/bananas
 Roll **8**

No School
15

Pancakes/sausage
Corndog
 Tater tots
 Baked beans
 Apple slices **22**

Waffles/bacon
Country fried steak
 Gravy
 Mashed potatoes
 Okra
 Roll
 Strawberry cup **29**

2

Sunrise sandwich
French bread pizza
 Marinara sauce
 Garden salad
 California blend veggies
 Fruit cup
 Pudding **9**

Breakfast taquito
Crispy tacos
 Spanish rice
 Fresh veggie cup
 Pinto beans
 Lettuce/tomato garnish
 Salsa
 Apples **16**

Breakfast burrito
 Hash browns
Nachos grande
 Refried beans
 Salsa
 Tiny tomato cup
 Cucumber slices
 Peaches **23**

Cinnamon roll/Sausage
Meat/cheese chalupa
 Spanish rice
 Salsa
 Cucumber slices
 Refried beans
 Rosv applesauce **30**

Biscuit/gravy, eggs, bacon
Chicken nuggets
 Mac-n-cheese
 Green beans
 Garden salad
 Apple slices **3**

French toast sticks
 Sausage
Boneless chicken wings
 Multigrain chips
 Celery sticks
 Carrot sticks
 Orange smiles **10**

Waffles/sausage
Stuffed shells
 Garden salad
 Tuscan veggies
 Breadstick
 Pears **17**

Biscuit/scrambled eggs/bacon
Chicken sandwich
 Oven fries
 Fresh veggie cup
 Mandarin oranges
 Lime sherbet **24**

Breakfast pizza
Chicken tenders
 Texas toast
 Gravy
 Broccoli
 Sweet potato fries
 Mixed fruit **31**

Pancake wrap
Pizza
 Seasoned corn
 Tiny tomato cup
 Fruity jello **4**

Breakfast strudel
 Yogurt
Chicken quesadilla
 Spanish rice
 Corn
 Refried beans
 Salsa
 Peaches **11**

Breakfast pizza
Hot dog
 Oven fries
 Baby carrots
 Orange smiles **18**

Sausage kolache /yogurt
Hamburger steak
 Roasted potatoes
 Brown gravy
 Biscuit
 Garden salad
 Fruity jello **25**

Cinnamon roll/sausage
Cheeseburger
 Hamburger garnish
 Cucumber slices
 Baby carrots
 Cinnamon applesauce **5**

Breakfast burrito
 Hash browns
Popcorn chicken
 Roll
 Broccoli bites
 Oven fries
 Fresh seasonal fruit **12**

Donut holes/sausage
Pulled pork sliders
 Chips
 Celery sticks
 Green beans
 Pineapple tidbits **19**

Breakfast club
 Ham & cheese melt
 Multigrain chips
 Baby carrots
 Crunchy broccoli salad
 Seasonal fruit
 Brownie **26**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back!

Launch PAD

RUBY RED GRAPEFRUIT GROWING REGION

Rio Grande Valley



Fun FACT

Grapefruit got its name from growing in bunches just like grapes.

Power UP!

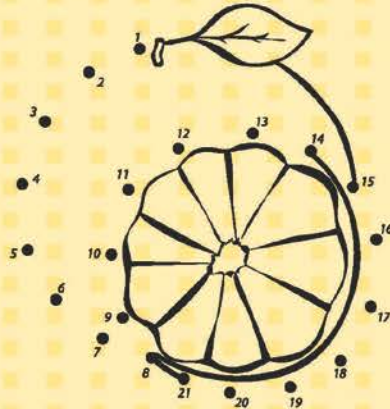
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



Ruby Red GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

- 2 cups Pasta, whole grain, corkscrew
- 1 cup Romaine lettuce, shredded
- 1 cup Grapefruit chunks, fresh or canned
- ½ cup Mango, peeled, sliced
- ½ cup Red Cabbage, Shredded
- ½ cup Onions, chopped
- 1 cup Yogurt, low-fat, plain or vanilla
- Orange

PREPARATION

1. Cook pasta as directed on package. Drain. **2.** In a small bowl, combine yogurt and juice of the orange. **3.** Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl. **4.** Pour dressing over. Mix until all parts are coated.

Serving Suggestions:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q. Why did the grapefruit stop at the top of the hill?

A: Because it ran out of juice.

+200



+100



+50

