

JANUARY 2018

MON TUE WED THUR FRI



1	2	3
Corn Dog Potato Rounds, Baby Carrots	Fish Hot Roll/ BBQ Rib Sandwich Coleslaw, Pinto Beans	Asian Cuisine (Hot Roll HS/MS), Rice or Noodles, Baby Carrots, Celery Sticks
Cheese Melt 8	Chicken Pasole Hot Roll, Cabbage, Relish, Baby Carrots 16	Beef Lasagna Hot Roll, Garden Salad, Cucumbers, Jell-O 17
Pizza, Baby Carrots Cucumbers	Grilled Ham & Cheese Steam/Vegetable Sweet Potato Fries Italian Spicy Sandwich 23	Fajitas Pinto Beans, Garden Salad Enchiladas 24
Sloppy Joe 22	Chicken Strips Potatoes Rounds, Celery Sticks, (Hot Roll MS/HS)	Hot Dog Baby Carrots, Cucumbers 31
Spaghetti Meat Sauce(3/4cVR) Hot Roll, Garden Salad, Cucumbers 29	Spicy Chicken San	

Pizza	Grilled Chicken Sandwich 4
-------	--------------------------------------

Spaghetti & Meat Balls Hot Roll, Broccoli Bites, Garden	Meatball Sub 5
--	-----------------------

Hamburger w/ Garnish Potato Rounds, Baby Carrots	Texas Combo Basket 11
---	---------------------------------

Pizza Cucumbers, Broccoli Bites	12
---------------------------------------	-----------

Pizza Cucumbers Baby Carrots	18
------------------------------------	-----------

Nachos Supreme Beans, Celery Sticks MS/HS Cookie	19
---	-----------

Chicken Nuggets Hot Roll, Mashed Potato, Green Beans	25
---	-----------

PBJ Cheese Stick, or Yogurt MS HS Crackers, Celery Sticks, Baby Carrots	26
---	-----------

NOTE:
MILK VARIETY AND
FRESH/CHILLED FRUIT
SERVED DAILY

Special Announcements

Health on the Go! (Daily Subs & Salads)

Monday: Buffalo

Tuesday: Southwest




Wednesday: Hot Cheeto

Thursday: Mandarin

Friday: Buffalo



11
HAPPY NEW YEAR!

+200  +100  +50 



Fun facts on back! 



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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!

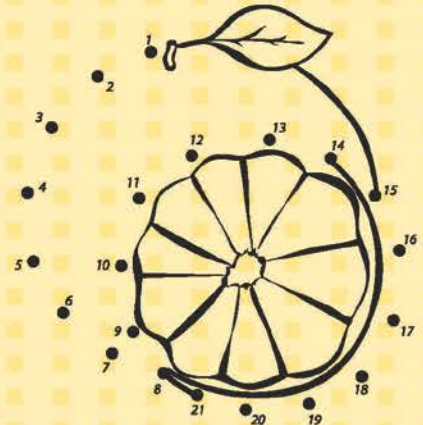
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



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.

