

JANUARY



HAPPY NEW YEAR!



Special Announcements

100% Juice and Choice of Milk Is Served with Breakfast
 Breakfast is also served with a choice of whole fruit
 Choice of Milk is served with Lunch

Salad Bar 6-12 will be served with required food items to meet USDA nutritional standards

Menu is Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
2 Staff Development	3 Ham And Egg Scramble or Cereal Hot Dogs Potato Smiles Broccoli Salad Petite Tomatoes Mixed Fruit	4 Fruit Pocket or Cereal Hamburger Steak Rolls Mashed Potatoes Garden Salad Peaches	5 Sausage Biscuit or Cereal French Bread Pizza Mixed Greens Seasoned Corn Orange Smiles	6 Breakfast Pastries or Cereal Cheese Burger Burger salad Tater Tots Fresh Fruit/Cookie
9 Kolache or Cereal Frito Pie Ranch Beans Fresh Veggie Mix Pears	10 Breakfast Burrito or Cereal Soft Tacos Garden Salad Refried Beans Chips/Salsa Pineapple D'Lite	11 Cinnamon Rolls or Cereal Pepperoni Stromboli Mixed Greens Baby Carrots Fresh Fruit/Yogurt	12 Biscuits & Sausage Gravy or Cereal Grilled chicken Sandwich Lettuce & Tomatoes Baked Chips Fresh Fruit Sherbet	13 Pancake Pup or Cereal Corndogs Tater Tots Fresh Veggie Mixed Fruit
16 Breakfast Pastries or Cereal Beef Spaghetti/Garlic Bread Garden Salad Seasoned Green Beans Fruit Salad	17 Blueberry Pancakes & Bacon or Cereal Chicken Crisпитos Ranch Beans Cucumbers Strawberries & Cream	18 Sausage Biscuit or Cereal Beef Lasagna/Rolls Garden Salad Seasoned Corn Yogurt/Grapes	19 Cinnamon Rolls or Cereal Ham & Cheese Hoagie Baked Chips Lettuce & Tomatoes Fresh Fruit/Cookie	20 No School
23 Berry Waffles & Yogurt or Cereal Beef Nachos Garden Salad Pinto Beans Pineapple Tidbits	24 Bacon/Egg & Cheese Scramble/ Toast or Cereal Ravioli & Meat Sauce Garlic Bread Mixed Greens Seasoned Corn Snowball Salad	25 Ham/Egg & Cheese Combo or Cereal Meatloaf/Roll Mashed Potatoes Green Beans Pineapple D'Lite	26 Biscuit & Sausage gravy or Cereal Chicken Nuggets Mac & Cheese Broccoli Bites Sweet Potato Waffle Fries Orange Smiles	27 Kolache or Cereal Cheeseburger Burger Salad Tater Tots Fresh Fruit Rice Crispy Treat
30 Cherry Frudel or Cereal Chicken Spaghetti Garlic Breadsticks Garden Salad Petit Tomato Cup Mixed Tropical Fruit	31 Bacon & Egg Croissant or Cereal Steakfingers & Gravy Mashed Potatoes Baby Carrots & Broccoli Honey Wheat Rolls Sliced Apples		Good Eats At: Hermleigh ISD	

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

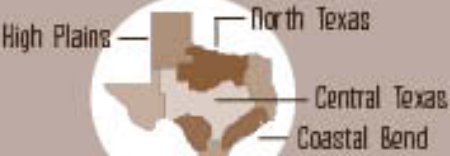
Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

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



Farming Regions

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 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.