

JANUARY 2018

MON TUE WED THUR FRI

Good Eats at:
WEIMAR ISD

Special Announcements
BREAKFAST
Monday-Muffin, Cereal
Tuesday-Biscuit, Eggs
Wed-Pig in Blanket, Cereal
Thurs-Pancakes, Sausage
Friday-Toast Sticks, Cereal
Fresh Fruit offered daily
Apple or Orange Juice
White or Chocolate Milk

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| Happy New Year 1 | | | Burrito Pinto Beans Broccoli Peaches Milk 4 | Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk 5 |
| Chicken Tenders Mashed Potatoes Carrots Pears Milk 8 | Fish Squares Pinto Beans Green Beans Peaches Milk 9 | Corndog Baked Beans Broccoli Mandarin Oranges Milk 10 | Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 11 | Pizza Corn Garden Salad Applesauce Milk 12 |
| No School 15 | Sausage Roll Baked Beans Broccoli Pineapple Milk 16 | Chicken Nuggets Mashed Potatoes Green Beans Pears Milk 17 | Quesadilla Corn Vegetable Blend Mixed Fruit Milk 18 | Hamburgers Oven Fries Burger Salad Fresh Fruit Milk 19 |
| Steak Fingers Mashed Potatoes Carrots Pears Milk 22 | Spaghetti with Meat Sauce Bread Green Beans Broccoli Fruit Mix Milk 23 | Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk 24 | Chicken Fajitas Tortillas Pinto Beans Lettuce/Tomato Peaches Milk 25 | Pizza Corn Garden Salad Applesauce Milk 26 |
| Chicken Fried Steak Mashed Potatoes Green Beans Pears Milk 29 | Chili con Carne with Beans Rice Cornbread Broccoli Corn Peaches Milk 30 | Chicken Tetrazzini Sweet Peas Carrots Fruit Mix Bread Milk 31 | | |

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**HAPPY
NEW YEAR!**

+200
+100
+50




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.whatscooling.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

