

JANUARY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

Lunch

Special Announcements

Valley ISD is an Offer vs Serve facility meaning that each student is required to take at least 3 of the 5 food components.

Meat/Meat Alternate
Grain
Vegetable
Fruit
Milk

			Chicken Quesadilla Corn/Beans Lett/Tom/Salsa Sliced Peaches Milk Variety	Popcorn Chicken Oven Fries Roll Broccoli Bites Fresh Fruit Milk Variety
1	2	3	4	5
Pizza Baby Carrots Seasoned Corn Grapes Cookie Milk Variety	Crispy Tacos Charro Beans Veggie Cup Lett/Tom/Salsa Apple D'Lite Milk Variety	Chicken Nuggets Mashed Potatoes Salad/Roll Veggie Cup Pears Milk Variety	Hotdogs Oven Fries Baby Carrots Orange Smiles Milk Variety	Chicken Parmesan Green Beans Salad/Roll/Bread Chilled Pineapple Milk Variety
6	9	10	11	12
Corndogs Tater Tots Baked Beans Apple D'Lite Milk Variety	Nacho Grande Refried Beans Lett/Tom/Salsa Cucumber Slices Tomato Cup Peaches Milk Variety	X-Treme Burrito Seasoned Corn Lett/Tom/Salsa Veggie Cup Mandarin Oranges Milk Variety	Salisbury Steak Roasted Potatoes Biscuit/Salad Brown Gravy Fruity Gelatin Milk Variety	Student Holiday
15	16	17	18	
Steak Fingers Mashed Potatoes Okra/Roll Strawberry Cup Milk Variety	Meat & Chz Chalupas Refried Beans Lett/Tom/Salsa Cucumbers Applesauce Milk Variety	Chicken Tenders Toast/Gravy Broccoli Mixed Fruit Milk Variety	Pizza Seasoned Corn Salad/Carrots Apple Slices Milk Variety	
22	23	24	25	26
HB/CHZ Burger Oven Fries Lett/Tom Cup Fresh Veggies Mixed Fruit Milk Variety	TexMex Stack Charro Beans Lett/Tom/Salsa Hot Cinnamon Apples Milk Variety	Chicken Alfredo Breadstick Tuscan Veggies Garden Salad Peaches Cookie Milk Variety	BBQ On A Bun Green Beans Coleslaw Orange Smiles Milk Variety	
29	30	31		

11

HAPPY
NEW YEAR!

+200

+100

+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts
on back!

JANUARY 2018

Good Eats at:
Breakfast

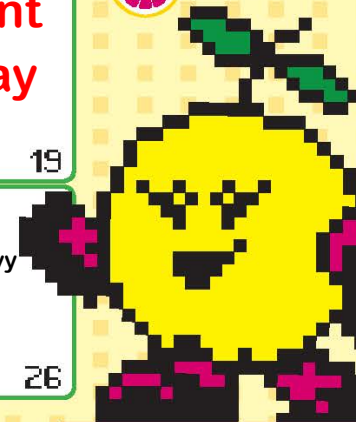
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**Meat/Meat Alternate
Grain
Vegetable
Fruit
Milk**

MON	TUE	WED	THUR	FRI
1 Sausage Biscuit/Yogurt Fruit Juice Milk Variety	2 Cheese Omelet Toast Fruit Juice Milk Variety	3 Waffles Sausage Fruit Juice Milk Variety	4 Oatmeal Toast Fruit Juice Milk Variety	5 Breakfast Burrito Hash Browns Fruit Juice Milk Variety
6 Pancakes Sausage Fruit Juice Milk Variety	9 Breakfast Burrito Fruit Juice Milk Variety	10 Scrambled Egg Biscuit/Bacon Fruit Juice Milk Variety	11 Breakfast Pizza Fruit Juice Milk Variety	12 French Toast Sausage Fruit Juice Milk Variety
15 Waffles Bacon Fruit Juice Milk Variety	16 Cinnamon Roll Sausage OR Cereal/Toast Fruit Juice Milk Variety	17 Breakfast Pizza Fruit Juice Milk Variety	18 Muffins Yogurt Fruit Juice Milk Variety	19 Student Holiday
22 Sausage Biscuit Fruit Juice Milk Variety	23 Breakfast Burrito Fruit Juice Milk Variety	24 Waffles Sausage Fruit Juice Milk Variety	25 Sausage Egg and Chz Sand Fruit Juice Milk Variety	26 Scrambled Eggs Biscuit/Gravy Sausage Fruit Juice Milk Variety
29 Sausage Biscuit Fruit Juice Milk Variety	30 Breakfast Burrito Fruit Juice Milk Variety	31 Waffles Sausage Fruit Juice Milk Variety		

11
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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!

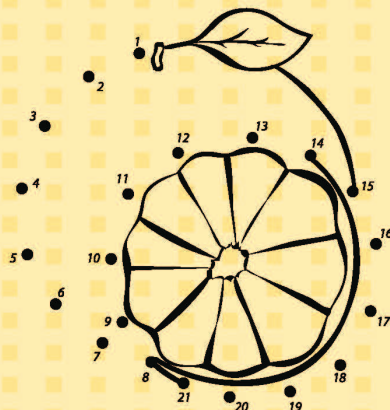
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



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

