JANUARY 2019

M	T	W	TH	F
	No School 1	No School 2	No School 3	No School 4
No School 7	Cheese Omelet Toast Fruit Juice Milk Variety 8	Waffles Sausage Fruit Juice Milk Variety 9	French Toast Sausage Fruit Juice Milk Variety 10	No School 11
Pancakes Sausage Fruit Juice Milk Variety 14	Breakfast Burrito Hash Browns Fruit Juice Milk Variety 15	Power Breakfast Scrambled Eggs Biscuit/Gravy Bacon Fruit Juice Milk Variety 16	Sausage Biscuit Yogurt Fruit Juice Milk Variety 17	Breakfast Sandwich Fruit Juice Milk Variety 18
Waffles Bacon Fruit Juice Milk Variety 21	Cheesy Toast Sausage Fruit Juice Milk Variety 22	Breakfast Pizza Fruit Juice Milk Variety 23	Sausage Egg Cheese Sandwich Fruit Juice Milk Variety 24	Scrambled Eggs Biscuit/Gravy Fruit Juice Milk Variety 25
Sausage Biscuit Fruit Juice Milk Variety 28	Breakfast Burrito Hash Browns Fruit Juice Milk Variety 29	Waffles Sausage Fruit Juice Milk Variety 30	Pancakes Sausage Fruit Juice Milk Variety 31	

GOOD EATS AT

Valley School Breakfast Menu

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
In addition to the mentioned breakfast items, cereal and toast will also be served each morning.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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This institution is an equal opportunity provider.

ORANGE STAR
Orange

Orange Star started out as a little orange blossom that hung on a branch in a grove in Healthyville. During his first winter an early frost caused ice crystals to form all around him. Just as he was about to freeze, the sun hit the crystals in a magical way. Two months later he ripened into a nutritious, fully grown orange and wanted to take the world by storm but did not know how. Then suddenly, as he fell from the top of the tree, a burst of vitamins shot out like bolts of lightning from his hands as he broke his fall. He discovered he could throw bursts of vitamins to all of the young orange blossoms and they could grow up into nutritious snacks for kids around the world. To this day, Orange Star travels the world turning ordinary orange blossoms into flavorful, nutrient rich oranges that are great snacks for kids to enjoy.

FUN FACTS

Oranges are grown throughout the world in tropical and subtropical areas, but they achieve the best quality under subtropical conditions. For the most part, the warm, humid conditions of South Texas produce a thin-skinned, yellowish orange fruit with yellowish orange flesh that is quite sweet and juicy.

ORANGE STAR'S
FAVORITE ACTIVITIES
Traveling and Swimming

POW!
ARCH ENEMY
Fruit Flies

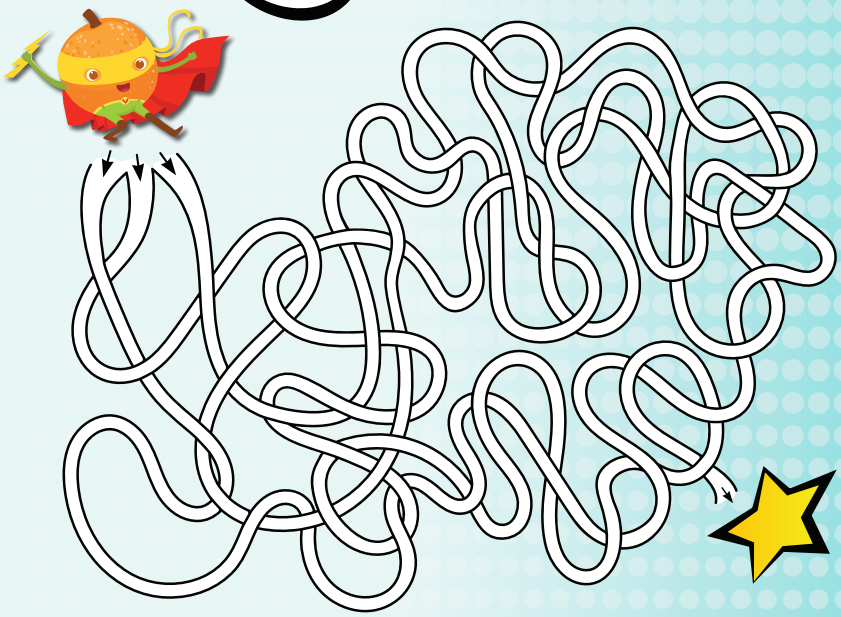
JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

MAZE

Color the path that will lead the superhero to his missing star.



Answer: Path #3

Sources: Texas A&M and Agrilife Extension