

JANUARY 2018

MON

TUE

WED

THUR

FRI



I ♥ Winter Break!

Waffles, Fruit, Cereal of Choice
Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Bread, Fruit, Milk

Pancake Sausage Wrap, Fruit, Cereal of Choice
Meatball Sub
Cole Slaw
Sweet Pot Fries
Fruit Milk

Biscuits, Sausage, Fruit, Cereal of Choice
Crispy Beef Tacos
Pinto Beans
Taco Salad Cup
Fruit, Milk

11

HAPPY NEW YEAR!

Good Eats at:

Katz n' Kittens Café
361-596-4821

Menus are subject to change, and a variety of juice and milk offered with breakfast.

Muffins, Fruit, Cereal of Choice
Hamburger
Burger Salad Cup
French Fries
Fruit, Milk

Sausage Roll, Fruit, Cereal of Choice
Chicken Fajitas
Fajita Salad Cup
Pinto Beans
Fruit, Milk

Breakfast Pizza, Fruit, Cereal of Choice
Chili Mac
Green Beans
Corn
Fruit Bread, Milk

Pancakes, Fruit, Cereal of Choice
Pizza of Choice
Garden Salad
Country Style Veg.
Fruit, Milk

Breakfast Taco, Fruit, Cereal of Choice
Chicken Club
Club Salad Cup
Carrot Sticks
Fruit, Milk

+200



Special Announcements

I hope everyone enjoyed their Christmas Break, we are now on our second semester and I am sure time will fly by. I want to take the time to wish the Katz and Kittens the best of luck as district will be starting and playoff. I also want to wish everyone a Happy New Year.

French Toast, Fruit, Cereal of Choice
Chicken Spaghetti
Green Beans
Corn, Fruit
Garlic Bread, Milk

Breakfast Pizza, Fruit, Cereal of Choice
Fish Sticks
Mac & Cheese
Carrots, Peas
Fruit, Milk

Waffles, Fruit, Cereal of Choice
Beef Chaluaps
Salad Cup
Fiesta Corn
Fruit, Milk

Pancake Sausage Wrap, Fruit, Cereal of Choice
Chicken Nuggets
Mashed Potatoes
Country Style Veg.
Fruit, Bread, Milk

Biscuits, Sausage, Fruit, Cereal of Choice
Hoagie Sandwich
Salad Cup
Carrot Sticks
Fruit, Milk

Muffins, Fruit, Cereal of Choice
Chicken Tenders
Noodles, Carrots
Green Beans
Fruit, Milk, Bread

Sausage Rolls, Fruit, Cereal of Choice
Crispy Beef Tacos
Salad Cup, Spanish
Rice, Pinto Beans,
Fruit, Milk

Breakfast Pizza, Fruit, Cereal of Choice
Baked Potatoes w/Ham
Glazed Carrots
Fruit, Bread, Milk

Pancakes, Fruit, Cereal of Choice
Nachos Grande
Fiesta Corn
Nacho Salad Cup
Fruit Milk

Breakfast Bagel, Fruit, Cereal of Choice
Cheese Burger
Tater Tots
Burger Salad Cup
Fruit, Milk

Toast, Yogurt, Fruit, Cereal of Choice
Corn Dogs
Baked Beans
Country Style Veg.
Fruit, Milk

Breakfast Pizza, Fruit, Cereal of Choice
Popcorn Chicken
Mashed Potatoes
Green Beans
Rolls, Fruit, Milk

Waffles, Fruit, Cereal of Choice
Beef Burritos
Pinto Beans
Salad Cup
Fruit, Milk



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

