

JANUARY



HAPPY NEW YEAR!



Special Announcements

MONTHLY AWARENESS/CELEBRATIONS:

- National Blood Donor Month
- National School Board Recognition Month
- National Mentoring Month

Choice of milk everyday:
 White 1% Or Flavored 0% Fat
 Menus are subject to change without notice.



Monday	Tuesday	Wednesday	Thursday	Friday
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<p>2</p> <p>STUDENT HOLIDAY</p>	<p>3</p> <p>Chicken Burger Pizza w/Ranch Dressing <i>Green Beans</i> Creamy Sweet Potatoes Healthy Veggie Bar Watermelon Applesauce Fruit Cocktail</p>	<p>4</p> <p>Chef Salad Chicken Tenders <i>Fluffy Mashed Potatoes</i> <i>Brown Gravy</i> Crunchy Broccoli <i>Whole Grain Roll</i> Healthy Veggie Bar <i>Cantaloupe Diced</i> <i>Fresh Strawberry</i></p>	<p>5</p> <p>Southwestern Salad <i>Orange Chicken</i> Sweet Corn Chili Beans Healthy Veggie Bar Jalapeno Peppers <i>Orange Wheels</i> Rolling Green Grapes</p>	<p>6</p> <p>Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Healthy Veggie Bar <i>Fresh Crisp Apple</i> Blue Raspberry Slushie Smart Snack</p>
<p>9</p> <p>Chicken Burger Stuffed Crust Pizza Ranch Dressing <i>Green Beans</i> Glazed Carrots Healthy Veggie Bar Raspberry Applesauce Sliced Pears Pudding Cup</p>	<p>10</p> <p>Asian Chicken Salad Spaghetti w/Meat Sauce Baby Lima Beans Bread Sticks Healthy Veggie Bar <i>Red Grapes</i> <i>Mandarin Oranges</i></p>	<p>11</p> <p>NATIONAL MILK DAY Chef Salad <i>Chicken Rings</i> <i>Mashed Potatoes</i> Bright Green Peas <i>Brown Gravy</i> Healthy Veggie Bar <i>Whole Grain Roll</i> <i>Strawberry Cup</i> Honeydew Bites</p>	<p>12</p> <p>Southwestern Salad <i>Cheeze Nachos</i> Whole Kernel Corn Mexican Pinto Beans Healthy Veggie Bar <i>Salsa & Peppers</i> <i>Orange Smile</i> <i>Diced Peaches</i></p>	<p>13</p> <p>Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Cauliflower Healthy Veggie Bar <i>Fresh Crisp Apple</i> Mango Slushie Smart Snack</p>
<p>16</p> <p>STUDENT HOLIDAY</p>	<p>17</p> <p>Asian Chicken Salad <i>Corn Dogs</i> Baked Beans Mixed Vegetables Healthy Veggie Bar Macaroni & Cheese Banana <i>Mandarin Oranges</i></p>	<p>18</p> <p>Chef Salad <i>Chicken Nuggets</i> <i>Fluffy Mashed Potatoes</i> <i>Brown Gravy</i> Crunchy Broccoli <i>Whole Grain Roll</i> Healthy Veggie Bar <i>Cantaloupe Diced</i> <i>Fresh Strawberry</i></p>	<p>19</p> <p>Southwestern Salad Stromboli Marinara Sauce Sweet Corn Chili Beans Healthy Veggie Bar Jalapeno Peppers <i>Orange Wedges</i> Rolling Green Grapes</p>	<p>20</p> <p>Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Brussels Sprouts Healthy Veggie Bar <i>Fresh Crisp Apple</i> Strawberry Slushie Smart Snack</p>
<p>23</p> <p>Chicken Burger Stuffed Crust Pizza w/Ranch Dressing <i>Green Beans</i> Glazed Carrots Healthy Veggie Bar Cherry Applesauce Sliced Pears Pudding Cup</p>	<p>24</p> <p>Asian Chicken Salad Cheeze Chicken Spaghetti Baby Lima Beans Bread Sticks Healthy Veggie Bar <i>Red Grapes</i> <i>Mandarin Oranges</i></p>	<p>25</p> <p>Chef Salad Steak Fingers <i>Mashed Potatoes</i> <i>Brown Gravy</i> Bright Green Peas Healthy Veggie Bar <i>Whole Grain Roll</i> <i>Strawberry Cup</i> Honeydew Bites</p>	<p>26</p> <p>Southwestern Salad Chicken Quesadilla Whole Kernel Corn Mexican Pinto Beans Healthy Veggie Bar <i>Salsa, Peppers</i> Sour Cream <i>Orange Smile</i> <i>Diced Peaches</i></p>	<p>27</p> <p>Chicken or Hamburger Sliced Cheese Crinkled Potatoes Steamed Cauliflower Healthy Veggie Bar <i>Fresh Crisp Apple</i> Lemon Slushie Smart Snack</p>

<p>30</p> <p>Chicken Burger Pizza w/Ranch Dressing <i>Green Beans</i> Creamy Sweet Potatoes Healthy Veggie Bar Watermelon Applesauce Fruit Cocktail</p>
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<p>31</p> <p>Asian Chicken Salad Hot Dog Baked Beans Mixed Vegetables Healthy Veggie Bar Macaroni & Cheese Banana <i>Mandarin Oranges</i></p>
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Good Eats At:

JOAQUIN ISD RAM CAFÉ
 Lunch Menu

Elementary \$2.50 Junior High \$2.50
 High School \$2.75 Adult \$3.50

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

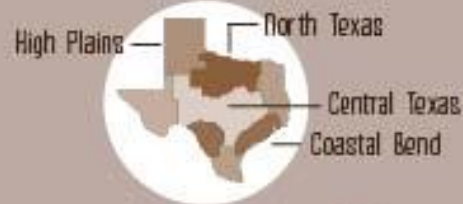
MESSAGE DECODER

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.



Farming Regions



MESSAGE: #REUSE. Get a Maxmore on with M&M. J&E. #REUSE. It's pasture bedtime.