

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
2 STUDENT HOLIDAY	3 Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice	4 French Toast Sticks Syrup Pop-Tart Assorted Cereals Cantaloupe Diced Assorted Juice	5 Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice	6 Cinnamon Roll Pop-Tart Assorted Cereals Fresh Crisp Apple Assorted Juice
9 Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice	10 Breakfast Pizza Mini Muffin Assorted Cereals Mandarin Oranges Assorted Juice	11 Pancake on Stick Syrup Pop-Tart Assorted Cereals Cantaloupe Diced Assorted Juice	12 Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice	13 Cinnamon Roll Pop-Tart Assorted Cereals Fresh Crisp Apple Assorted Juice
16 STUDENT HOLIDAY	17 Taco-Go Salsa Mini Muffin Assorted Cereals Mandarin Oranges Assorted Juice	18 Pancake on Stick Syrup Pop-Tart Assorted Cereals Cantaloupe Diced Assorted Juice	19 Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice	20 Cinnamon Roll Pop-Tart Assorted Cereals Fresh Crisp Apple Assorted Juice
23 Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice	24 Breakfast Pizza Mini Muffin Assorted Cereals Mandarin Oranges Assorted Juice	25 Mini Maple Waffle Syrup Pop-Tart Assorted Cereals Honeydew Bites Assorted Juice	26 Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice	27 Cinnamon Roll Pop-Tart Assorted Cereals Fresh Crisp Apple Assorted Juice

30 Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice
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31 Taco-Go Salsa Mini Muffin Assorted Cereals Mandarin Oranges Assorted Juice



Good Eats At:

JOAQUIN ISD RAM CAFÉ

Breakfast Menu

Elementary \$1.75 Junior High \$1.75
High School \$1.75 Adult \$2.00

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

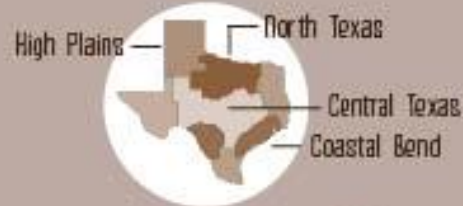
MESSAGE DECODER

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.