

# JANUARY



HAPPY NEW YEAR!



## Special Announcements

Zapata County ISD is currently feeding Supper at the following sites and times;

ZHS	3:45-4:45
FARVES	3:15-4:30
ZNE	3:15-4:30
ALBES	3:30-4:30



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Burger Tater Tots Assorted Fruit Assorted Milk	3 Hawk Hoagie Tater Tots Assorted Fruit Assorted Milk Ketchup	4 Corn Dog Baby Carrots W/Ranch Dip Assorted Fruit Assorted Milk	5 Nacho Scoops Cheese Sauce Cup Italian Veggies Assorted Fruit Assorted Milk	6 Meatball Sub Sandwich Broccoli Assorted Fruit Assorted Milk
9 Chicken Burger Tater Tots Assorted Fruit Assorted Milk	10 Pepperoni Pizza Baby Carrots/Ranch Dip Assorted Fruit Assorted Milk	11 Chicken Strips Dinner Roll Golden Corn Assorted Fruit Assorted Milk	12 Bean & Cheese Chalupas Taco Salad Assorted Fruit Assorted Milk	13 Grilled Cheese Toast Broccoli Assorted Fruit Assorted Milk
16 Bean & Cheese Burrito Golden Corn Assorted Fruit Assorted Milk	17 Hawk Hoagie Tater Tots Assorted Fruit Assorted Milk Ketchup	18 Corn Dog Baby Carrots W/Ranch Dip Assorted Fruit Assorted Milk	19 Nacho Scoops Cheese Sauce Cup Italian Veggies Assorted Fruit Assorted Milk	20 Meatball Sub Sandwich Broccoli Assorted Fruit Assorted Milk
23 Chicken Burger Tater Tots Assorted Fruit Assorted Milk	24 Pepperoni Pizza Baby Carrots/Ranch Dip Assorted Fruit Assorted Milk	25 Chicken Strips Dinner Roll Golden Corn Assorted Fruit Assorted Milk	26 Bean & Cheese Chalupas Taco Salad Assorted Fruit Assorted Milk	27 Grilled Cheese Toast Broccoli Assorted Fruit Assorted Milk
30 Bean & Cheese Burrito Golden Corn Assorted Fruit Assorted Milk	31 Hawk Hoagie Tater Tots Assorted Fruit Assorted Milk Ketchup			

### Good Eats At:

Zapata County ISD

# 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](http://SquareMeals.org/SeasonalityWheel)

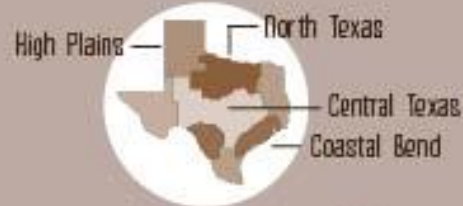
## MESSAGE DECODER

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	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: #RUB. Get a Mooooon with M&M!  
J&E: #RUB. It's pasture bedtime.