

JANUARY

2019



I'm **ORANGE STAR**

GOOD EATS AT

La Joya ISD
Child Nutrition Services
ELEMENTARY Grade
Pre-Kinder
Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

La Joya ISD Child Nutrition Services
*Breakfast is served with:
Fruit juice or fresh fruit/fat free or low fat milk/Unflavored
*Lunch is served with:
Fresh fruit or canned fruit/fat free or low fat milk/Unflavored
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M	T	W	TH	F
Christmas Holiday 1	Christmas Holiday 2	Christmas Holiday 3	Christmas Holiday 4	
PREP DAY NO SCHOOL 7	INSERVICE NO SCHOOL 8	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 9	Tamales 100% Juice 1% Milk/Skim Milk (Unflavored) Popcorn Chicken Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 10	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) Pepperoni Pizza Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 11
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 14	French Toast Sticks 100% Juice 1% Milk/Skim Milk (Unflavored) - Chicken Strips Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 15	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Picadillo con Papas Corn Tortillas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 16	Breakfast Pizza 100% Juice 1% Milk/Skim Milk (Unflavored) - Boneless Wings Broccoli Fruit 1% Milk/Skim Milk (Unflavored) 17	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) - Pinwheel Pepperoni Pizza Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 18
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 21	Mini Pancakes 100% Juice 1% Milk/Skim Milk (Unflavored) - Chicken Nuggets Broccoli Fruit 1% Milk/Skim Milk (Unflavored) 22	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Nacho Scoops Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 23	Kolache 100% Juice 1% Milk/Skim Milk (Unflavored) - Salisbury Steak Brown Gravy Garden Salad Dinner Roll Fruit 1% Milk/Skim Milk (Unflavored) 24	Breakfast Taco 100% Juice 1% Milk/Skim Milk (Unflavored) - The Pack Hoagie Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 25
Uncrustable 100% Juice 1% Milk/Skim Milk (Unflavored) - Hamburger Smiley Fries Fruit 1% Milk/Skim Milk (Unflavored) 28	Breakfast Bagel 100% Juice 1% Milk/Skim Milk (Unflavored) - Steak Fingers Brown Gravy Mashed Potato Fruit 1% Milk/Skim Milk (Unflavored) 29	Cereal 100% Juice 1% Milk/Skim Milk (Unflavored) - Enchiladas Charro Beans Fruit 1% Milk/Skim Milk (Unflavored) 30	Tamales 100% Juice 1% Milk/Skim Milk (Unflavored) - Popcorn Chicken Garden Salad Fruit 1% Milk/Skim Milk (Unflavored) 31	

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.

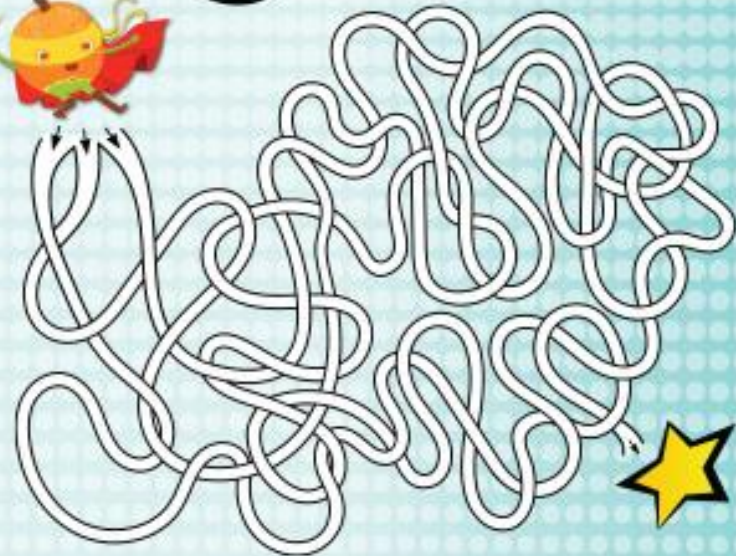


ORANGE STAR'S
FAVORITE
ACTIVITIES
Traveling and
Swimming



MAZE

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



POW!
ARCH ENEMY
Fruit Flies

JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

Sources: Texas A&M and Agrilife Extension

Answer: Path #3