

# JANUARY

2019



I'm **ORANGE STAR**

**GOOD EATS AT**

La Joya ISD  
Child Nutrition Services  
**ELEMENTARY** Grade  
**K-5**  
Menu is subject to  
change due to  
availability

**SPECIAL ANNOUNCEMENTS**

La Joya ISD Child Nutrition Services  
\*Breakfast is served daily with choices of:  
Fruit juice, fresh fruit, fat free and low fat milk.  
\*Lunch is served daily with choices of:  
Fresh fruit, canned fruit, fat free and low fat milk.  
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Menu is subject to change due to availability.

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	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 9	Tamales - Popcorn Chicken Cheese Sauce Dinner Roll Garden Salad Golden Corn 10	Breakfast Taco - Pepperoni Pizza Baby Carrots Garden Salad Green Beans 11
Un crustable - Hamburger Smiley Fries Burger Salad 14	French Toast Sticks - Meatball Sub Garden Salad Baby Carrots 15	Assorted Cereal w/Cracker - Picadillo con Papas Corn Tortillas Queso Blanco Spanish Rice Charro Beans Garden Salad 16	Breakfast Pizza - Boneless Wings Cheese Sauce Dinner Roll Garden Salad Broccoli 17	Breakfast Taco - Pinwheel Pepperoni Pizza Garden Salad Baby Carrots Green Beans 18
Un crustable - Hamburger Smiley Fries Burger Salad 21	Mini Pancakes - Chicken Nuggets Cheese Sauce Dinner Roll Garden Salad Broccoli 22	Assorted Cereal w/Cracker - Nacho Scoops Queso Blanco Spanish Rice Charro Beans Garden Salad 23	Kolache - Salisbury Steak Brown Gravy Dinner Roll Cracker Garden Salad Golden Corn 24	Breakfast Taco - The Pack Hoagie Baby Carrots Garden Salad Green Beans 25
Un crustable - Hamburger Smiley Fries Burger Salad 28	Breakfast Bagel - Steak Fingers Dinner Roll Brown Gravy Mashed Potatoes Broccoli 29	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad 30	Tamales - Popcorn Chicken Cheese Sauce Dinner Roll Garden Salad Golden Corn 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.

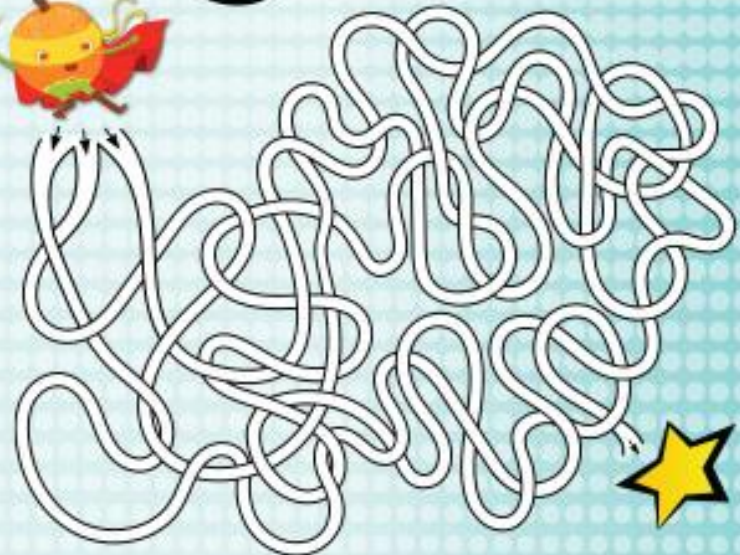


ORANGE STAR'S  
FAVORITE  
ACTIVITIES  
Traveling and  
Swimming



## 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 Agriflife Extension

Answer: Path #3