

# JANUARY

2019



I'm **ORANGE STAR**

**GOOD EATS AT**

La Joya ISD  
Child Nutrition Services  
MIDDLE SCHOOL Grade  
**6-8**

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.  
The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)  
If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).  
Menu is subject to change due to availability.

M	T	W	TH	F
Christmas Holiday	Christmas Holiday	Christmas Holiday	Christmas Holiday	Christmas Holiday
1	2	3	4	5
PREP DAY NO SCHOOL	INSERVICE NO SCHOOL	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad	Tamales - Chicken Basket Queso Blanco Dinner Roll Garden Salad Golden Corn	Breakfast Taco - Pepperoni Pizza Baby Carrots Garden Salad Green Beans
7	8	9	10	11
Un crustable - Cheeseburger Seasoned Wedges Burger Salad	French Toast Sticks - Meatball Sub Garden Salad Baby Carrots	Assorted Cereal w/Cracker - Picadillo con Papas Corn Tortillas Queso Blanco Spanish Rice Charro Beans Garden Salad	Breakfast Pizza - Sriracha Boneless Wings Cheese Sauce Dinner Roll Garden Salad Broccoli	Breakfast Taco - Pinwheel Pepperoni Pizza Garden Salad Baby Carrots Green Beans
14	15	16	17	18
Un crustable - Cheeseburger Tater Tots Burger Salad	Mini Pancakes - Chicken Nuggets Cheese Sauce Dinner Roll Garden Salad Broccoli	Assorted Cereal w/Cracker - Nacho Scoops Queso Blanco Spanish Rice Charro Beans Garden Salad	Kolache - Salisbury Steak Brown Gravy Dinner Roll Cracker Garden Salad Golden Corn	Breakfast Taco - The Pack Hoagie Baby Carrots Garden Salad Green Beans
21	22	23	24	25
Un crustable - Cheeseburger Waffle Fries Burger Salad	Breakfast Bagel - Steak Fingers Dinner Roll Brown Gravy Mashed Potatoes Broccoli	Assorted Cereal w/Cracker - Enchiladas Spanish Rice Charro Beans Garden Salad	Tamales - Chicken Basket Queso Blanco Dinner Roll Garden Salad Golden Corn	
28	29	30	31	



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
This institution is an equal opportunity provider.

# 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.

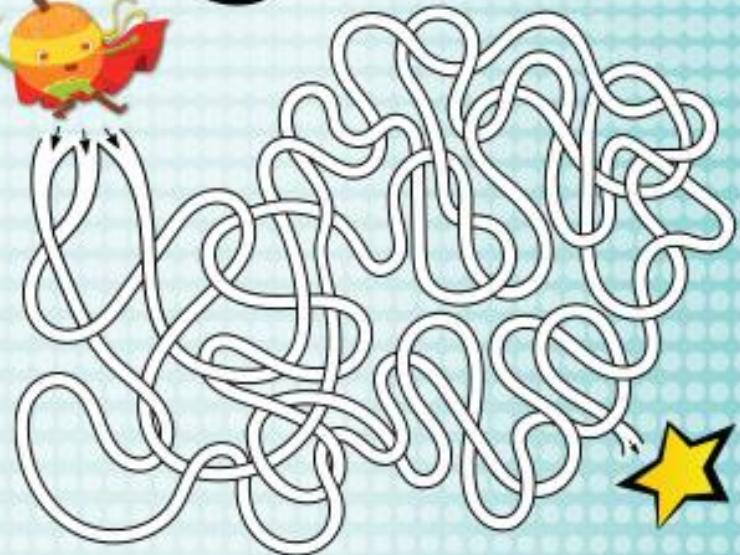


ORANGE STAR'S  
FAVORITE  
ACTIVITIES  
Traveling and  
Swimming



## 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.

Source: Texas A&M and Agriflife Extension

Answer: Path #3