

JANUARY 2018

MON TUE WED THUR FRI

GOOD Eats at:

La Vernia

PRIMARY & INTERMEDIATE Campuses

SPECIAL ANNOUNCEMENTS

MEAL PRICES:

Breakfast – Student Full Price \$1.75
Reduced \$0.30
Adult \$2.25
Lunch- Student Full Price \$2.35 Reduced \$0.40
Adult \$3.50

Prices Are Subject To Change

EXTRAS:

Hot Breakfast Entrée - \$1.35
Cold Breakfast Entrée - \$1.00
Hot Lunch Entrée - \$1.75
Fruit/ Vegetable - \$0.75
Snacks/Milk/Bread - \$0.60 to \$1.00
Large Bottled Drink - \$1.00
Small Bottled Water - \$0.35

Extras are available on first come first serve basis.

Menus are subject to change without notice due to availability of products.

<p>HAPPY NEW YEAR!</p> <p>1</p>	<p>Christmas Holiday</p> <p>2</p>	<p>Christmas Holiday</p> <p>3</p>	<p>Christmas Holiday</p> <p>4</p>	<p>Christmas Holiday</p> <p>5</p>
<p>Student Holiday/Staff Development</p> <p>8</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Mexican Food 2 Different Entrees Pudding</p> <p>9</p>	<p>Cold Cereal/Cheese Stick or Cheese Omelet</p> <hr/> <p>PIZZA</p> <p>10</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Chicken Strips</p> <p>11</p>	<p>Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage</p> <hr/> <p>Fish Nuggets</p> <p>12</p>
<p>Martin Luther King Holiday</p> <p>15</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Corn Dogs</p> <p>16</p>	<p>Cold Cereal/Cheese Stick or Bean & Cheese Taco</p> <hr/> <p>Personal Pan PIZZA</p> <p>17</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Chicken Nuggets</p> <p>18</p>	<p>Cold Cereal/Cheese Stick or Sausage & Biscuit</p> <hr/> <p>Hamburger or Cheeseburger</p> <p>19</p>
<p>Cold Cereal/Yogurt or Pancake on a Stick</p> <hr/> <p>Nachos or PBJ w/ Chips</p> <p>22</p>	<p>Cold Cereal/Cheese Stick or Breakfast Pizza</p> <hr/> <p>Hot Dogs</p> <p>23</p>	<p>Cold Cereal/Cheese Stick or Bacon/Egg Cheese Taco</p> <hr/> <p>PIZZA</p> <p>24</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Popcorn Chicken</p> <p>25</p>	<p>Cold Cereal/Cheese Stick or Cinnamon Rolls</p> <hr/> <p>Chicken Patty on a Bun</p> <p>26</p>
<p>Cold Cereal/Cheese Stick or French Toast Sticks</p> <hr/> <p>Frito Pie</p> <p>29</p>	<p>Cold Cereal/Yogurt or Breakfast Pizza</p> <hr/> <p>Mexican Food 2 Different Entrees</p> <p>30</p>	<p>Cold Cereal/Cheese Stick or Cheese Omelet</p> <hr/> <p>PIZZA</p> <p>31</p>		

11

HAPPY NEW YEAR!

+200



Fun facts on back! ➔



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

LAUNCH PAD

RUBY RED GRAPEFRUIT GROWING REGION

Rio Grande Valley



FUN FACT

Grapefruit got its name from growing in bunches just like grapes.

Power UP!

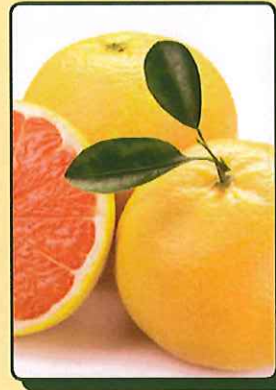
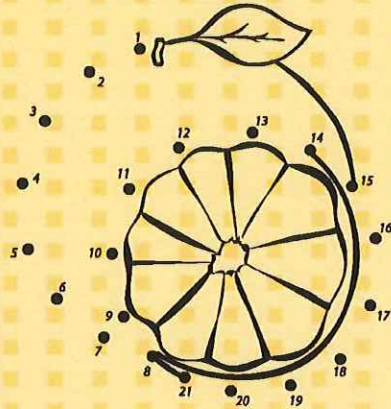
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



RUBY RED GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

- 2 cups Pasta, whole grain, corkscrew
- 1 cup Romaine lettuce, shredded
- 1 cup Grapefruit chunks, fresh or canned
- ½ cup Mango, peeled, sliced
- ½ cup Red Cabbage, Shredded
- ½ cup Onions, chopped
- 1 cup Yogurt, low-fat, plain or vanilla
- Orange

PREPARATION

1. Cook pasta as directed on package. Drain.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Serving Suggestions:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q. Why did the grapefruit stop at the top of the hill?

A: Because it ran out of juice.

+200

+100

+50

