

JANUARY 2018

MON

TUE

WED

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FRI

Good Eats at:

**HENDERSON
ISD**

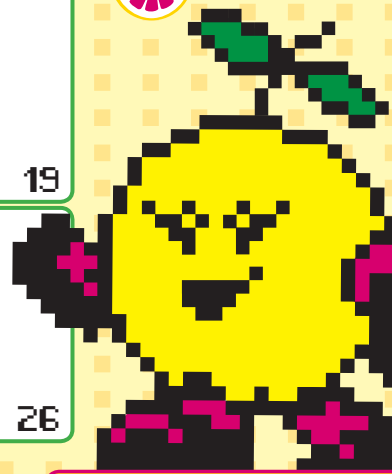
Special Announcements

Please join us each morning for breakfast at no charge for students PK-5th grade.

1				
8	BBQ OR CHICKEN SANDWICH TATER TOTS BURGER SALAD BAKED BEANS WATERMELON CUPS MILK	POPCORN CHICKEN MASHED POTATOES GREEN BEANS BANANA HOMEMADE ROLL MILK	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS GARDEN SALAD RIPS MILK	CHEESEBURGER SEASONED FRIES BABY CARROTS W/ DIP BURGER SALAD RAISELS MILK
Martin Luther King Day 15	BEEF OR CHICKEN CRUNCHY TACOS REFRIED BEANS LETTUCE/ TOMATO STEAMED CORN APPLE SLICES MILK	STEAK FINGERS OR POPCORN CHICKEN MASHED POTATOES CHEESY BROCCOLI RAISELS HOMEMADE ROLL MILK	PEPPERONI PIZZA OR CHEESE STICKS PIZZA SAUCE COOKED CARROTS GREEN BEANS STRAWBERRIES MILK	CHEESEBURGER OR BBQ SANDWICH TATER TOTS BURGER SALAD BAKED BEANS RIPS MILK
22	CHILI CHEESE HOTDOG OR FRITO PIE FRESH BROCCOLI W/ DIP STEAMED CORN ROSY APPLESAUCE MILK	PANCAKES WITH EGGS OR SAUSAGE HASHBROWNS BABY CARROTS W/ DIP FRESH FRUIT MILK	OVEN FRIED CHICKEN OR POPCORN CHICKEN STEAMED SPINACH MASHED POTATOES ORANGE SLICES HOMEMADE ROLL MILK	CHEESEBURGER OR CORNDOG TATER TOTS BAKED BEANS BURGER SALAD STRAWBERRIES MILK
29	POPCORN CHICKEN MASHED POTATOES CHEESY BROCCOLI WATERMELON CUPS HOMEMADE ROLL MILK	BEEF OR CHICKEN CHEESY NACHOS PINTO BEANS GARDEN SALAD ROSY APPLESAUCE MILK	CHEESEBURGER OR CORNDOG TATER TOTS BURGER SALAD BAKED BEANS RAISELS MILK	

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**HAPPY
NEW YEAR!**

+200
+100
+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back! ➔

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!

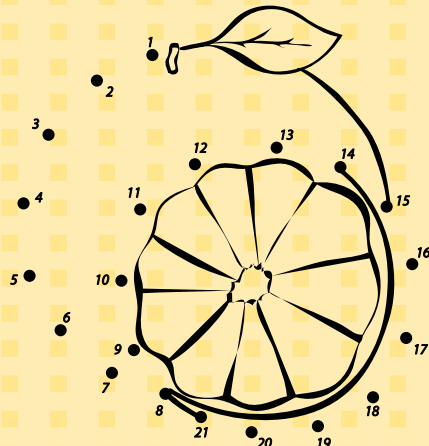
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



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

+200



+100



+50

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

A: Because it ran out of juice.

