

JANUARY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

NEW HOME ISD.
LUNCH MENU



Texas Basket
Chicken Tender, Fries, Roll
Or
Hamburger /Cheeseburger
HB Garnish
Oven Fries
Or
Chef Salad
Fresh Veggie Cup
Mixed Fruit

Chicken Alfredo Breadstick
Or
Calzone
Marinara Sauce
Or
Chef Salad
Tuscan Vegetables
Garden Salad
Peaches
Cookie

Grilled Cheese Sandwich
Multigrain Chips
Or
Country Pot Pie
Or
Chef Salad
Broccoli Bites
Fresh Veggie Cup
Snowball Salad

Chicken Bowl
Popcorn Chicken ,corn, Mashed Potatoes
Roll
Or
Roast Beef Sandwich
Mashed Potatoes
Brown Gravy
Or
Chef Salad
Savory Green Beans
Orange Smiles

11

HAPPY
NEW YEAR!

Enchiladas
Or
Taquito

Queso
Charro Beans
Seasoned Corn
Salsa
Fresh Seasonal Fruit
Fruit Crisp

Meatball Sub Sandwich
Potato Rounds
Or
Chili Cheese Combo
Fresh Veggie Cup
Mixed Fruit

Chicken Nuggets

Mac & Cheese
Savory Green Beans
Or

Asian Stir Fry

Flatbread
Garden Salad
Apple Slices

Early
Release

NO
SCHOOL

+200

+100

+50

Steak Fingers

Gravy
Or

Breaded Pork Chop

Gravy
Or

Tuna Salad

Mashed Potato
Carrot Coins
Roll
Strawberries & Bananas

Spaghetti Bowl
Breadstick
Or

French Bread Pizza

Marinara Sauce
Or

Tuna

Garden Salad

California Blend Vegetables

Fruit cup

Vanilla/Chocolate Pudding

Boneless Chicken Wings

Or

Texas Chili

Or

Tuna Salad

Celery Sticks

Carrot Sticks

Orange Smiles

Brownie

Mexican Combo Plate

(1 Taco, 1 Tamale)

Or

Chicken Quesadilla

Or

Tuna Salad

Mexicali Corn

Refried Beans

Salsa

Lettuce/Tomato

Peaches

Popcorn Chicken

Roll
Or

Sloppy Joe Sandwich

Or

Tuna Salad

Broccoli Bites

Oven Fries

Fresh Seasonal Fruit

Special
Announcements



2018

Breaded Drumstick

Texas Toast

Or

Pizza Choice

Or

Chicken Fajita Salad

Baby Carrots

Seasoned Corn

Fresh Grapes

Cookie

Crispy Tacos

Or

Frito Pie

Or

Chicken Fajita Salad

Fresh Veggie Cup

Charro Beans

Salsa

Apple-Pineapple D'Lite

Lettuce/Tomato Garnish

Lasagna

Or

Chicken Nuggets

Mashed Potatoes

Or

Chicken Fajita Salad

Tuscan Vegetables

Garden Salad

Roll

Pears

Hamburger/Cheeseburger

Hamburger Garnish

Or

Hot Dog

Or

Chicken Fajita Salad

Oven Fries

Baby Carrots

Orange Smiles

Pulled Pork Sliders

Coleslaw

or

Chicken Parmesan

Garden Salad

Breadstick

Or

Chicken Salad

Savory Green Beans

Chilled Pineapple

Corn Dog

Tater Tots

Or

Oven Roasted Chicken

Broccoli Bites

Roll

Or

Santa Fe Salad

Baked Beans

Apple-Pineapple D'Lite

Nachos Grande

Refried Beans

Salsa

Lettuce/Tomato Garnish

Or

Taco Soup

Or

Santa Fe Salad

Tiny Tomato Cup

Cucumber slices

Chicken Sandwich

Oven Fries

Or

X-Treme Burrito

Salsa

Seasoned Corn

Lettuce & Tomato Garnish

Or

Santa Fe Salad

Fresh Veggie Cup

Mandarin Oranges



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts
on back! ➔

JANUARY 2018

MON TUE WED THUR FRI

Good Eats at:

NEW HOME ISD
BREAKFAST MENU

Special Announcements



		Sausage Biscuit Or Cereal Variety Toast Fresh Fruit Fruit Juice Milk Variety	Chicken Waffles Or Muffin/Yogurt Fresh Fruit Fruit Juice Milk Variety	Pancakes/Sausage Or PBJ Fresh Fruit Fruit Juice Milk Variety	Dutch Waffles Bacon Or Cereal Variety Toast Fresh Fruit Fruit Juice Milk Variety				
	1		2	3	4	5			
Breakfast Pizza Or Breakfast Round Fresh Fruit Fruit Juice Milk Variety	6	Chicken Biscuit Or PBJ Fresh Fruit Fruit Juice Milk Variety	7	Biscuit, Gravy, Scrambled Egg Or Breakfast Parfait Fresh Fruit Fruit Juice Milk Variety	8	9	10	11	12
Pancakes/Bacon Or Cereal/Toast Fresh Fruit Fruit Juice Milk Variety	13	Sunrise Sandwich Or Breakfast Strudel Cheese Stick Fresh Fruit Fruit Juice Milk Variety	14	French Toast/Sausage Or Muffin/Yogurt Fresh Fruit Fruit Juice Milk Variety	15	16	17	18	19
Sausage Kolache Yogurt Or Muffin/Yogurt Fresh Fruit Fruit Juice Milk Variety	20	Cheese Omelet/Toast Or PBJ Fresh Fruit Fruit Juice Milk Variety	21	Waffles/Sausage Or Breakfast Parfait Fresh Fruit Fruit Juice Milk Variety	22	23	24	25	26
Pancakes/Sausage Or Cereal/Toast Fresh Fruit Fruit Juice Milk Variety	27	Breakfast Burrito Hash Brown Or PBJ Fresh Fruit Fruit Juice Milk Variety	28	Biscuit, Scrambled Eggs, Bacon Or Muffin, Yogurt Fresh Fruit Fruit Juice Milk Variety	29	30	31		

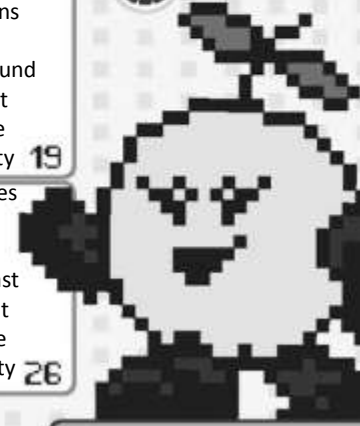
11

HAPPY
NEW YEAR!

+200



+50



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!

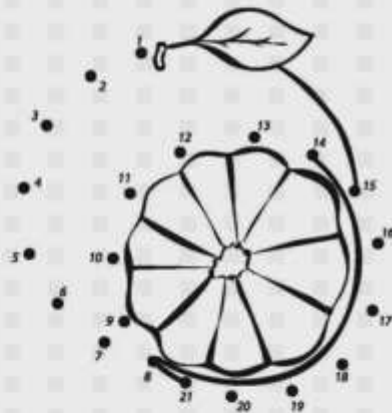
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



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.

