

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

JANUARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE AN A-MAIZE-ING MONTH!

HOLIDAY

1

GOOD EATS AT:

JOAQUIN ISD

Chicken-n-Biscuit & Jelly
Cinnamon French Toast
Assorted Cereals
Applesauce
Assorted Juice

4

Breakfast Pizza
Or
Pop-Tart
Assorted Cereals
Mandarin Oranges
Assorted Juice

5

Mini Blueberry Pancakes
w/ Syrup
Or
Cheese Toast
Assorted Cereals
Orange Smile
Assorted Juice

6

Sausage & Biscuit
w/ Gravy & Jelly
Or
Cinnamon French Toast
Assorted Cereals
Diced Peaches
Assorted Juice

7

Cinnamon Roll
Or
Pop-Tart
Assorted Cereals
Fresh Crisp Apple
Assorted Juice

8

Chicken-n-Biscuit & Jelly
Cinnamon French Toast
Assorted Cereals
Applesauce
Assorted Juice

11

Breakfast Pizza
Or
Pop-Tart
Assorted Cereals
Grapefruit Sections
Assorted Juice

12

Pancake on Stick
w/ Syrup
Or
Cheese Toast
Assorted Cereals
Orange Wedges
Assorted Juice

13

Sausage & Biscuit
w/ Gravy & Jelly
Or
Cinnamon French Toast
Assorted Cereals
Mix Fruit Cup
Assorted Juice

14

Variety Muffin
Or
Pop-Tart
Assorted Cereals
Fresh Crisp Apple
Assorted Juice

15

HOLIDAY

18

Breakfast Pizza
Or
Pop-Tart
Assorted Cereals
Mandarin Oranges
Assorted Juice

19

Mini Maple Waffle
w/ Syrup
Or
Cheese Toast
Assorted Cereals
Orange Smile
Assorted Juice

20

Sausage & Biscuit
w/ Gravy & Jelly
Or
Cinnamon French Toast
Assorted Cereals
Diced Peaches
Assorted Juice

21

Cinnamon Roll
Or
Pop-Tart
Assorted Cereals
Fresh Crisp Apple
Assorted Juice

22

Chicken-n-Biscuit & Jelly
Cinnamon French Toast
Assorted Cereals
Applesauce
Assorted Juice

25

Breakfast Pizza
Or
Pop-Tart
Assorted Cereals
Mandarin Oranges
Assorted Juice

26

Mini Blueberry Pancake
w/ Syrup
Or
Cheese Toast
Assorted Cereals
Orange Smile
Assorted Juice

27

Sausage & Biscuit
w/ Gravy & Jelly
Or
Cinnamon French Toast
Assorted Cereals
Diced Peaches
Assorted Juice

28

Cinnamon Roll
Or
Pop-Tart
Assorted Cereals
Fresh Crisp Apple
Assorted Juice

29

SPECIAL ANNOUNCEMENTS

**ELEMENTARY \$2.50 JUNIOR HIGH \$2.50
HIGH SCHOOL \$2.75 ADULT \$3.50**

Choice of milk everyday:
White 1% Or Flavored 0% Fat
Menus are subject to change without notice.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S JANUARY! Get the year off to an awesome start with healthy, energy-packed vegetables like Texas corn. It's part of the Great Plate of Texas!

FOOD: Corn **CATEGORY:** Vegetable

GROWING REGIONS: High Plains, Central Texas, South Texas

WHERE TO FIND IT:

Corn grows in Texas fields and once harvested fresh Texas corn can be found at your local farmers market or in the produce section at the grocery store. Corn is also frozen, canned, and made it into cornmeal that can be used in other foods like cereals and breads.

DISTINGUISHING CHARACTERISTICS:

Texas Corn grows on 8 foot tall stalks that produce grain-covered cobs we call "ears." When harvested, the ears are attached to a fleshy, outer husk that is removed before milling or eating. Popular varieties are yellow, white and blue.



WHAT TO KNOW:

Carbohydrates are the fuel the body needs for energy and Texas sweet corn is loaded with it. It's also a good source of fiber and Vitamin A!

DID YOU KNOW?:

Texans plant more than 2 million acres of food-and-feed corn every year.

JOKE:

Q: How is an ear of corn like an army?

A: It has a lot of kernels!



COMING IN FEBRUARY:

BEEF!



FUN FACT:

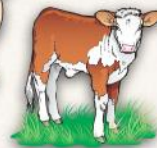
Every row of corn on a corncob has the same number of kernels.

EXPLORER'S NOTEBOOK:

Corn, in one form or another, has been growing in Texas since prehistoric times. Native Americans were already growing "chapalote" corn here when Spanish explorers arrived in the 1500s. The explorers took it with them and used it to make tortillas, tamales, posole and a warm beverage called atole. Today, corn is used in a wide variety of foods. Corn is even used as fuel!



Q: What Runs on the Super Power of Corn?



A: You Livestock Vehicles

