

**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!

Stuffed Crust Pizza
Green Beans
Glaze Carrots
Veggie Bar
Applesauce Cherry
Diced Pears Cup
Pudding Cup

4

Chicken Sandwich
or
Orange Chicken
Baked Beans
Potato Puffs
Veggie Bar
Grapes
Mandarin Oranges

5

Chicken Rings
w/ Brown Gravy
Mashed Potatoes
Broccoli w/ Cheese
Veggie Bar
Hot Wheat Roll
Orange Smile
Honeydew Bites

6

Pizza Square or
Beefy Nachos
Seasoned Corn
Steamed Sweet Potato
Veggie Bar
Salsa & Peppers
Strawberry Cup
Diced Peaches

7

Chicken , Hamburger or
Cheeseburger on Bun
Crinkled Potato
Veggie Bar
Fresh Crisp Apple
Orange Shape Up

8

HOLIDAY

1

Stuffed Crust Pizza or
Spaghetti w/Meat Sauce
Black-eyed Peas
Turnip Greens
Corn Bread & Peppers
Veggie Bar
Applesauce Birthday
Fruit Bowl

11

Chicken Sandwich
or
Sub Sandwich
Ranch Beans
Sweet Potato Puffs
Veggie Bar
Grapefruit Sections
Mandarin Oranges

12

Chicken Nuggets
w/ Brown Gravy
Mashed Potatoes
Mixed Vegetables
Hot Wheat Roll
Veggie Bar
Orange Wedges
Pineapple Tidbits

13

Pizza Square or
Beef Burrito
Vegetable Rice
Chili Pinto Beans
Veggie Bar
Queso Dip & Peppers
Cantaloupe Cubes
Mix Fruit Cup

14

Chicken , Hamburger or
Cheeseburger on Bun
Crinkled Potato
Veggie Bar
Fresh Crisp Apple
Strawberry Slushie

15

HOLIDAY

18

Chicken Sandwich
or
Bar B Q Rib Sandwich
Baked Beans
Potato Puffs
Veggie Bar
Grapes
Mandarin Oranges

19

Steak Fingers
w/ Brown Gravy
Mashed Potatoes
Broccoli w/ Cheese
Veggie Bar
Hot Wheat Roll
Orange Smile
Honeydew Bites

20

Pizza Square
or
Chili Pie
Seasoned Corn
Steamed Sweet Potato
Veggie Bar
Strawberry Cup
Diced Peaches

21

Chicken , Hamburger or
Cheeseburger on Bun
Crinkled Potato
Veggie Bar
Fresh Crisp Apple
Cherry Shape-Up

22

Stuffed Crust Pizza or
Cheeze Chicken Spaghetti
Black-eyed Peas
Turnip Greens
Corn Bread & Peppers
Veggie Bar
Applesauce Watermelon
Fruit Bowl

25

Chicken Sandwich
or
Hot Dog on Bun
Ranch Beans
Sweet Potato Puffs
Veggie Bar
Grapefruit Sections
Mandarin Oranges

26

Chicken Sticks
w/ Brown Gravy
Mashed Potatoes
Mixed Vegetables
Veggie Bar
Hot Wheat Roll
Orange Wedges
Pineapple Tidbits

27

Pizza Square or
Stromboli
Marinara Sauce
Vegetable Rice
Chili Pinto Beans
Veggie Bar
Cantaloupe Cubes
Mix Fruit Cup

28

Chicken , Hamburger or
Cheeseburger on Bun
Crinkled Potato
Veggie Bar
Fresh Crisp Apple
Blue Raspberry Slushie

29

GOOD EATS AT:

JOAQUIN ISD

SPECIAL ANNOUNCEMENTS

Chef Salad Plate Each Day

**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:

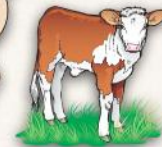
Every row of corn on a corncob has the same number of kernels.

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

