





JANUARY

2019



I'm
**ORANGE
STAR**

M	T	W	TH	F
	CHRISTMAS BREAK  1	CHRISTMAS BREAK  2	CHRISTMAS BREAK  3	CHRISTMAS BREAK  4
STAFF DEVELOPMENT 7	1/2 Kix Cereal 1/4 c. Peaches 4 oz Milk 8	1/8 c. Scrambled Eggs 1/2 slc WW Toast 1/4 c. Fresh Orange Wedges 9	1/2 (.5 oz) WW Bagel 1 Tbls Cream Cheese 1/4 c. Mango 4 oz Milk 10	3/4 c. Cream of Wheat 1/4 c. Raspberries 4 oz Milk 11
1 Ham Omelet 1/2 slc WW Toast 1/4 c. Berry Blend 4 oz Milk 14	1 (.5 oz) Pancake 1/4 c. Kiwi 4 oz Milk 15	1/2 c. Cheerios 1/4 Banana 4 oz Milk 16	1/2 Chicken & Biscuit Sandwich 1/4 c. Mandarin Oranges 4 oz Milk 17	1/2 slc Cinnamon Toast 1/4 c. Strawberries 4 oz Milk 18
1 Biscuit & Gravy 1/4 c. Mango 4 oz Milk 21	1/2 Egg & Cheese Burrito 1/4 c. Banana Slices 4 oz Milk 22	1 sl Breakfast Pizza 1/4 c. Warm Cinnamon Apples 4 oz Milk 23	1 Strips French Toast 1/4 c. Diced Strawberries 4 oz Milk 24	1/4 Sausage Breakfast Sandwich 1/4 c. Diced Peaches 4 oz Milk 25
.5 oz Bagel 1 Tbls Fruit Cream Cheese 1/4 c. Orange Wedge 4 oz Milk 28	1/2 slc WW Toast 1 Tbls Grape Jam 1/4 c. Honeydew 4 oz Milk 29	1/2 oz Turkey Patty 1/4 Banana 4 oz Milk 30	1 Breakfast Taco 1/4 c. Strawberries 4 oz Milk 31	

GOOD EATS AT

**EHS
BREAKFAST
MENU**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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ORANGE STAR

Orange



Orange Star started out as a little orange blossom that hung on a branch in a grove in Healthyville. During his first winter an early frost caused ice crystals to form all around him. Just as he was about to freeze, the sun hit the crystals in a magical way. Two months later he ripened into a nutritious, fully grown orange and wanted to take the world by storm but did not know how. Then suddenly, as he fell from the top of the tree, a burst of vitamins shot out like bolts of lightning from his hands as he broke his fall. He discovered he could throw bursts of vitamins to all of the young orange blossoms and they could grow up into nutritious snacks for kids around the world. To this day, Orange Star travels the world turning ordinary orange blossoms into flavorful, nutrient rich oranges that are great snacks for kids to enjoy.

FUN FACTS

Oranges are grown throughout the world in tropical and subtropical areas, but they achieve the best quality under subtropical conditions. For the most part, the warm, humid conditions of South Texas produce a thin-skinned, yellowish orange fruit with yellowish orange flesh that is quite sweet and juicy.

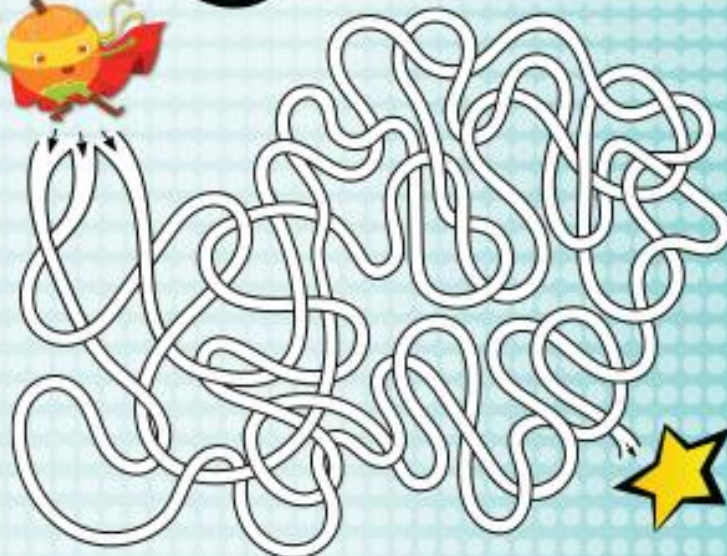


ORANGE STAR'S
FAVORITE
ACTIVITIES
Traveling and
Swimming



MAZE

Color the path that will lead the superhero to his missing star.



POW!
ARCH ENEMY
Fruit Flies

JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

Sources: Texas A&M and Agrilife Extension

Answer: Path #3