





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 oz Grilled Chicken Patty 1/8 c. Green Beans 1/4 c. Brown Rice 1/8 c. Strawberries 1/2 slc. WW Bread 4 oz Milk 8	3/4 c. Beef Spaghetti 1/8 c. Broccoli w/ Cheese 1/2 WW Dinner Roll 1/8 c. Pears 4 oz Milk 9	1/2 Chicken Enchilada 1/8 c. Refried Beans 1/8 c. Tossed Salad 1/8 c. Diced Pineapple 4 oz Milk 10	2 Steak Fingers 1/8 c. Mashed Potatoes 2 Tbsp Gravy 1/8 c. Apricots 1/4 slc Texas Toast 4 oz Milk 11
1/2 Chicken Quesadilla 1/8 c. Diced Tomatoes 1/8 c. Peaches 4 oz Milk 14	1/2 Sloppy Joe Sandwich 1/8 c. Baked Beans 1/8 c. Green Beans 1/8 c. Diced Pineapple 4 oz Milk 15	4 Beef Ravioli Pies 1/8 c. Corn 1/8 c. Mangos 1/4 Slc Garlic Toast 4 oz Milk 16	1 c. Potato Soup w/ Ham 1/8 c. Apricots 1/2 WW Dinner Roll 4 oz Milk 17	1 slc Cheese Pizza 1/8 c. Tossed Salad 1/8 c. Pears 4 oz Milk 18
1 pc Macaroni & Cheese w/ Ham 1/8 c. Snap Peas 1/8 c. Mixed Fruit 1/2 WW Dinner Roll 4 oz Milk 21	2 Chicken Nuggets 1/8 c. Tossed Salad 1/2 Biscuit or WW Roll 1/8 c. Kiwi 4 oz M 22	1 oz Hamburger 1/2 oz WW Bun 1 Lettuce Leaf & Tomato 1/8 c. Tater Tots 1/8 c. Pineapple Bits 4 oz Milk 23	1 pc. Lasagna 1/8 c. Peas & Carrots 1/8 c. Mandarin Oranges 1/4 WW Dinner Roll 4 oz Milk 24	1/2 Bean & Cheese Burrito 1/8 c. Dice Tomatoes 1/8 c Fresh Green Apple Slices 4 oz Milk 25
4 oz Turkey & Bean Chili 1/2 pc Corn Muffin 1/8 c. Butternut Squash 1/4 c. Pears 4 oz Milk 28	1/2 Chicken Fajitas 1/8 c. Refried Beans 1/8 c. Shredded Lettuce 1/8 c. Mixed Fruit 4 oz Milk 29	1 oz Salisbury Steak 1/8 c. Mashed Potatoes 2 Tbsp Gravy 1/2 slc WW Bread 1/8 c. Tropical Fruit 4 oz Milk 30	1/2 c. Tuna & Noodle Casserole 1/8 c. Green Beans 1/8 c. Apricots 1/2 WW Dinner Roll 4 oz Milk 31	

**GOOD
EATS AT**

**EHS
LUNCH MENU**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

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.

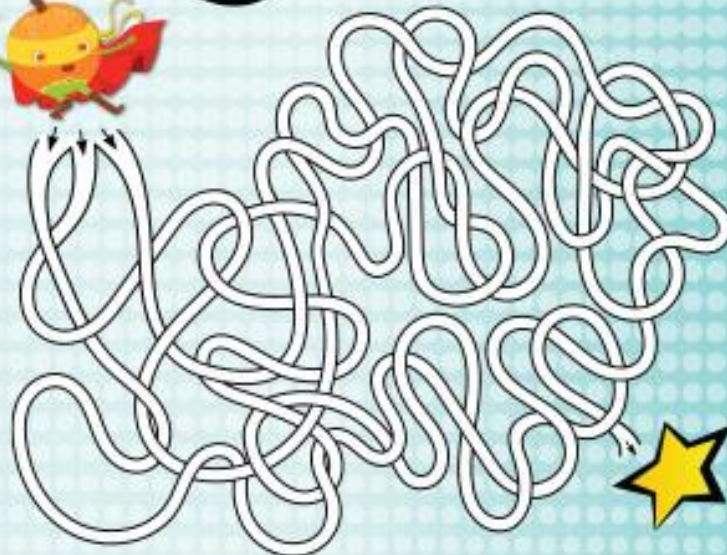


ORANGE STAR'S
FAVORITE
ACTIVITIES
Traveling and
Swimming



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.