

JANUARY

2019



I'm
**ORANGE
STAR**

**GOOD
EATS AT**

**EHS
SNACK MENU**

**SPECIAL
ANNOUNCEMENTS**

M	T	W	TH	F
	<p>Christmas Break</p>  <p>1</p>	<p>Christmas Break</p>  <p>2</p>	<p>Christmas Break</p>  <p>3</p>	<p>Christmas Break</p>  <p>4</p>
<p>Staff Development</p> <p>7</p>	<p>1 Tbsp Peanut Butter 2 Graham Crackers <i>* Children under 1 get saltines</i></p> <p>8</p>	<p>½ Banana ¼ c. Vanilla Yogurt</p> <p>9</p>	<p>½ c. Carrot Sticks w/ Ranch Dressing ½ oz Sliced Cheese</p> <p>10</p>	<p>8 Animal Crackers 4 oz Milk</p> <p>11</p>
<p>½ Soft Pretzel Rod 4 oz Milk</p> <p>14</p>	<p>.5 oz WW Crackers ½ c. Smashed Avocado</p> <p>15</p>	<p>1 Tbsp Peanut Butter ½ c Fresh Diced Apples</p> <p>16</p>	<p>1 slc. Ham 4 Wheat Crackers</p> <p>17</p>	<p>2 Graham Crackers ¼ c. Greek Yogurt <i>* Children under 1 get saltines</i></p> <p>18</p>
<p>½ c. Applesauce 1/4 c. Gold Fish</p> <p>21</p>	<p>1 pk. Teddy Grahams ½ c Pear Cup <i>* Children under 1 get saltines</i></p> <p>22</p>	<p>1 Boiled Egg 4 Wheat Crackers</p> <p>23</p>	<p>1 Whole Grain Muffin ½ c. Apricots</p> <p>24</p>	<p>¼ c. Vanilla Yogurt ½ oz Cheerios</p> <p>25</p>
<p>1 slc. Ham 4 Wheat Thins</p> <p>28</p>	<p>½ Soft Pretzel Rod 1 Watermelon Applesauce Cup</p> <p>29</p>	<p>1 oz Sliced Cheese ½ c. Diced Peaches</p> <p>30</p>	<p>¼ c. Vanilla Greek Yogurt ½ c. Chex Cereal</p> <p>31</p>	



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.

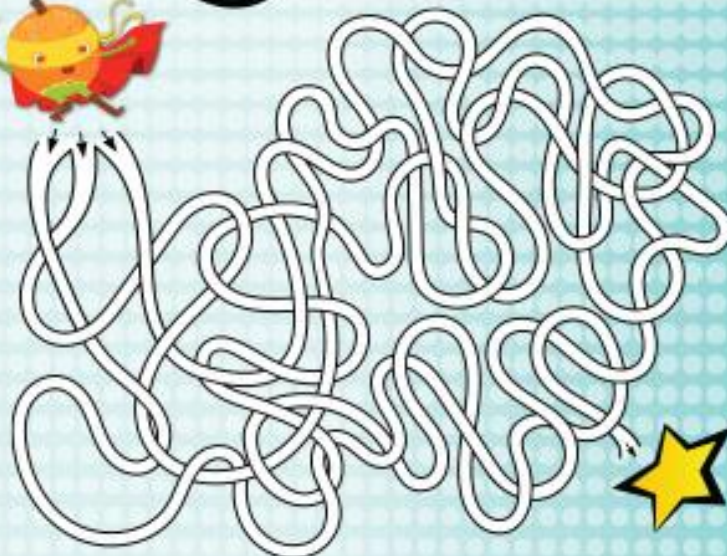


ORANGE STAR'S
FAVORITE
ACTIVITIES
Traveling and
Swimming



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