

# JANUARY

2019



I'm  
**ORANGE  
STAR**

**GOOD  
EATS AT**

**Head Start  
1-2 yrs.  
Full Day  
Menu**

**SPECIAL  
ANNOUNCEMENTS**

**January 1<sup>st</sup> - 4<sup>th</sup>**  
**Winter Break**  
**January 8<sup>th</sup>**  
**First day of Class for SISD Centers**  
**January 21<sup>st</sup>**  
**Martin Luther King Jr. Holiday/ No School**  
**January 24<sup>th</sup>**  
**Birthday Celebration**  
**January 30<sup>th</sup>**  
**SISD, YISD & San Elizario Centers/ Early Release**

M	T	W	TH	F
<b>Winter Vacation</b> January 1 <sup>st</sup> - 4 <sup>th</sup> 1	2	3	4	
<u>Cream of Wheat</u> <u>Mixed Berries/(A)Milk</u> <u>Popcorn Chicken/Ketchup</u> Broccoli Mac & Cheese <u>Crushed Pineapple/(A)Milk</u> <u>Club Crackers/</u> <u>Mozzarella Cheese Stick</u> 7	<u>Toast w/ Cream Cheese</u> <u>Diced Pear/(A)Milk</u> <b>Caldillo</b> Fideo Applesauce w/ Cinnamon (A)Milk <u>Strawberry Yoqurt/ Mango</u> 8	<u>Oatmeal/Diced Apple Slices</u> (A)Milk <b>Steak Fingers/Ketchup</b> Mashed Potatoes Dinner Roll Diced Cantaloupe / (A) Milk <u>Cottage Cheese</u> <u>Diced Peaches</u> 9	<u>Mini Waffles/Diced</u> <u>Strawberries/(A)Milk</u> <b>Chili Bowl</b> Corn Bread Mandarin Oranges (A)Milk <u>Diced Apple Slices</u> <u>Cheese Cubes</u> 10	<u>Cheerios/Banana/(A)Milk</u> <b>Diced Turkey Meatball</b> <b>Vegetable</b> Soup w/ Pasta Diced Watermelon (A)Milk <u>Diced Cucumber //Dressing</u> <u>Saltine Crackers</u> 11
<u>Biscuit w/ Jelly</u> <u>Strawberry Milk Smoothie</u> <b>Chicken Vegetable Salad</b> Club Crackers Crushed Pineapple (A)Milk <u>Soy Butter &amp; Jelly Sandwich</u> 14	<u>Oatmeal/Blueberries/(A)Milk</u> <b>Cheese Pizza w/ Diced</b> <b>Mushrooms</b> Diced Carrots Mandarin Oranges (A)Milk <u>Peach Yogurt</u> <u>Diced Apple Slices</u> 15	<u>Kix/Diced Strawberries/(A)Milk</u> <b>BBQ Brisket on a Kaiser Roll</b> Green Beans Diced Pear (A)Milk <u>Applesauce w/ Cinnamon</u> <u>Wheat Crackers</u> 16	Grilled Bean & Cheese <u>Sandwich Pear Wedges/(A)Milk</u> <b>Spaghetti w/ Meat Sauce</b> Diced Cucumber/ Dressing Diced Cantaloupe (A) Milk <u>Blueberry Muffin/(A)Milk</u> 17	<u>Cream of Wheat/Diced</u> <u>Peaches/(A)Milk</u> <b>Lemon Pepper Chicken</b> California Blend Vegetables Brown Rice Diced Honeydew / (A) Milk <u>Corn Flakes/(A)Milk</u> 18
<b>Martin Luther King Jr.</b> 21	<u>French Toast Sticks/Diced</u> <u>Strawberries/(A)Milk</u> <b>Chicken w/ BBQ Sauce</b> Mashed Potato w/ Gravy Dinner Roll Diced Peaches/(A)Milk <u>Diced Watermelon</u> <u>Mozzarella Cheese Stick</u> 22	<u>Oatmeal/Mixed Berries/(A)Milk</u> <b>Grilled Turkey Ham &amp; Cheese</b> <b>Sandwich</b> Garden Fresh Tomato Soup Diced Honeydew/ (A)Milk <u>Diced Cucumber/Dressing</u> <u>Wheat Crackers</u> 23	<u>Kix/Diced Honeydew/(A)Milk</u> <b>Meatball Sub on Hoagie Bun</b> Spinach Diced Apple Slices (A)Milk <b>Birthday Celebration</b> Muffin / (A)Milk 24	<u>Scrambled Eggs/ Mandarin</u> <u>Oranges/(A)Milk</u> <b>Caldillo</b> Fideo Applesauce w/ Cinnamon (A)Milk <u>Carrot Muffin/(A)Milk</u> 25
<u>Min Waffles/Mixed Berries</u> (A) Milk <b>Turkey Meatballs w/ Ditalini</b> <b>Pasta/Peas</b> Peas Mango/(A)Milk <u>Diced Cucumber/Dressing</u> <u>Club Crackers</u> 28	<u>Oatmeal/Diced Strawberries</u> (A) Milk Meatloaf Mashed Potatoes / Gravy Green Beans Dinner Roll / (A) Milk <u>Cottage Cheese/Diced Peaches</u> 29	<u>Bagel w/ Cream Cheese</u> <u>Applesauce w/ Cinnamon/(A) Milk</u> Beef & Pasta in Marinara Sauce Diced Cucumber w/ Italian Dressing Mandarin Oranges/(A)Milk <u>Diced Cantaloupe</u> <u>Mozzarella Cheese Stick</u> 30	<u>Cream of Wheat/Diced Pear</u> (A) Milk Grilled Cheese & Tomato Sandwich Lentil Soup w/ Diced Tomato Diced Honeydew/(A)Milk Peach Yogurt <u>Diced Apple Slices</u> 31	

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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.

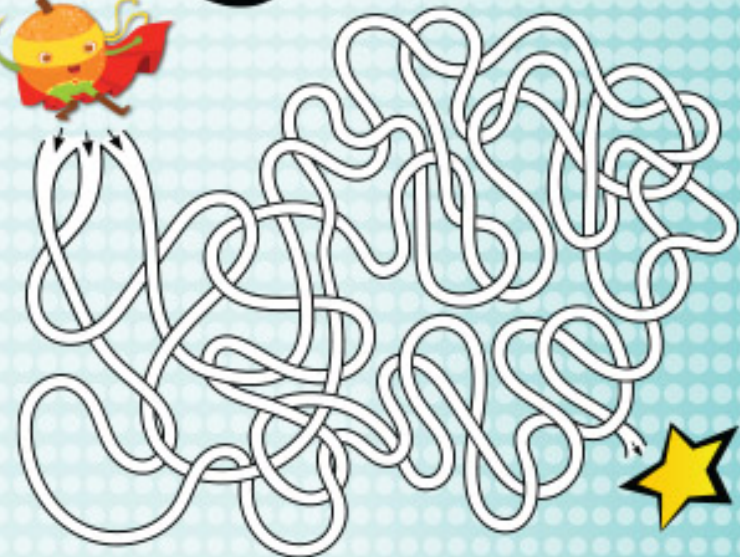


ORANGE STAR'S  
FAVORITE  
ACTIVITIES  
Traveling and  
Swimming



## 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 Agriflife Extension

Answer: Path #3