

JANUARY

2019



I'm
**ORANGE
STAR**

**GOOD
EATS AT**

**Head Start
3-5 yrs.
Full Day
Menu**

**SPECIAL
ANNOUNCEMENTS**

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

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

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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.

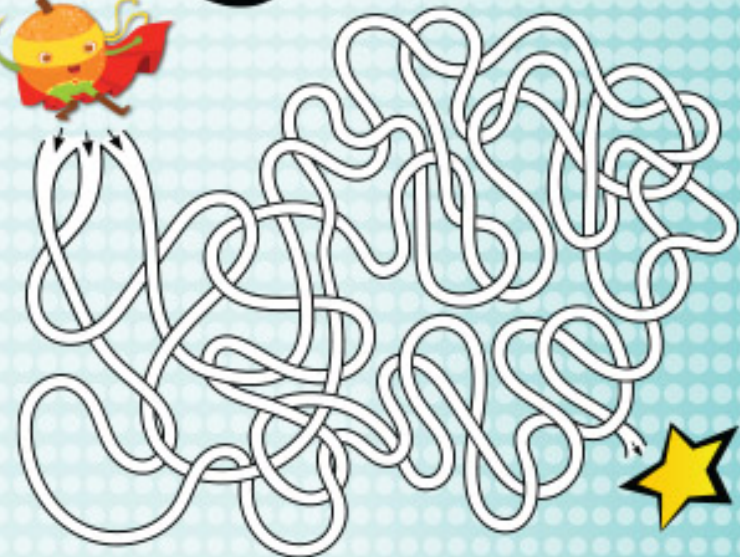


ORANGE STAR'S
FAVORITE
ACTIVITIES
Traveling and
Swimming



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 Agriflife Extension

Answer: Path #3