

JANUARY

2019



I'm **ORANGE STAR**

GOOD EATS AT

Head Start
3-5 yrs.
Half Day
Menu

SPECIAL ANNOUNCEMENTS

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

M **T** **W** **TH** **F**

Winter Vacation
January 1st - 4th

Cream of Wheat
Mixed Berries
Popcorn Chicken/Ketchup
Broccoli
Mac & Cheese
Pineapple/(A)Milk
Club Crackers/
Mozzarella Cheese Stick

Bagel w/ Cream Cheese/(A)Milk
Caldillo
Fideo
Applesauce w/ Cinnamon
(A)Milk
Strawberry Yogurt
Mango

Oatmeal/Diced Green Apples
Steak Fingers/Ketchup
Mashed Potatoes
Dinner Roll
Diced Cantaloupe
(A) Milk
Cottage Cheese Diced Peaches

Mini Waffles/Diced Strawberries
Chili Bowl
Corn Bread
Orange Wedges
(A)Milk
Red Apple Wedges/Cheese
Cubes

Cheerios/(A)Milk
Turkey Meatball Vegetable
Soup w/ Pasta
Diced Watermelon
(A)Milk
Cucumber Coins//Dressing
Saltine Crackers

Cinnamon Toast
Strawberry Milk Smoothie
Chicken Vegetable Salad
Club Crackers
Pineapple
(A)Milk
Soy Butter & Jelly Sandwich

Oatmeal/Blueberries
Cheese Pizza w/ Mushrooms
Lettuce/Tomato Salad/Dressing
Orange Wedges
(A)Milk
Peach Yogurt/Red Apple
Wedges

Kix/(A)Milk
BBQ Brisket on a Kaiser Roll
Lettuce/Carrots/Red Cabbage
Yellow Apple Wedges
(A)Milk
Applesauce w/ Cinnamon
Wheat Crackers

Grilled Bean & Cheese
Sandwich
Spaghetti w/ Meat Sauce
Sliced Cucumber & Tomato
Salad w/ Italian Dressing
Diced Cantaloupe
(A) Milk
Blueberry Muffin/(A)Milk

Cream of Wheat
Diced Peaches
Lemon Pepper Chicken
California Blend Vegetables
Brown Rice
Diced Honeydew
(A) Milk
Corn Flakes/(A)Milk

Martin Luther King Jr.

French Toast Sticks
Diced Strawberries
BBQ Chicken Drumstick
Mashed Potato w/ Gravy
Dinner Roll
Diced Peaches/(A)Milk
Diced Watermelon
Mozzarella Cheese Stick

Oatmeal/Diced Red Apples
Grilled Turkey Ham & Cheese
Sandwich
Garden Fresh Tomato Soup
Diced Honeydew
(A)Milk
Baby Carrots/Dressing
Wheat Crackers

Birthday Celebration
Muffin / (A)Milk
Meatball Sub on Hoagie Bun
Spinach/Carrot Salad/Dressing
Green Apple Wedges
(A)Milk
Muffin / (A)Milk

Scrambled Eggs Orange
Wedges
Caldillo
Fideo
Applesauce w/ Cinnamon
(A)Milk
Carrot Muffin/(A)Milk

Min Waffles/Mixed Berries
Turkey Meatballs w/
Ditalini Pasta
Peas
Mango
(A)Milk
Purple Cauliflower/Dressing
Club Crackers

Oatmeal/Diced Strawberries
Meatloaf
Mashed Potatoes / Gravy
Green Beans
Dinner Roll
(A)Milk
Cottage Cheese
Diced Peaches

Bagel w/ Cream Cheese/(A) Milk
Beef & Pasta in Marinara Sauce
Zucchini/Tomato Salad w/ Italian
Dressing
Orange Wedges
(A)Milk
Cucumber Coins/Dressing
Mozzarella Cheese Stick

Cream of Wheat/Pear Wedges
Grilled Cheese & Tomato
Sandwich
Lentil Soup w/ Diced Tomato
Diced Honeydew
(A)Milk
Peach Yogurt
Diced Green Apples

The U.S. Department of Agriculture prohibits discrimination against its customers employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)6329992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email atprogram.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer

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