

JANUARY

2019



I'm
**ORANGE
STAR**

**GOOD
EATS AT**

**Anthony
Head Start
3-5 yrs.
Half-Day Menu**

**SPECIAL
ANNOUNCEMENTS**

**January 1st- 4th
Winter Vacations**

**January 21st
Martin Luther King Jr. /Holiday**

**January 24th
Birthday Celebration**

M	T	W	TH	F
<p>Winter Vacations January 1st – 4th</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	
<p><u>Dry Cereal/ (A) Milk</u> Chicken Drum Day Mac & Cheese Green Beans Fresh Fruit Wedges (A) Milk <u>Dry Cereal/ (A) Milk</u></p> <p>7</p>	<p><u>Cinnamon Roll/ (A) Milk</u> Chicken Pozole Cabbage Baby Carrots WG Dinner Roll (A) Milk <u>Cinnamon Roll/ (A) Milk</u></p> <p>8</p>	<p><u>Hot Cereal/ (A) Milk</u> Pizza Garden Salad Broccoli Bites (A) Milk <u>Hot Cereal/ (A) Milk</u></p> <p>9</p>	<p><u>Apple Bread/ (A) Milk</u> Lasagna Sliced Cucumber Baby Carrots (A) Milk <u>Apple Bread/ (A) Milk</u></p> <p>10</p>	<p><u>Ginger Bread/ (A) Milk</u> Soft Tacos Pinto Beans Fresh Fruit Wedges (A) Milk <u>Ginger Bread/ (A) Milk</u></p> <p>11</p>
<p><u>Muffin/ (A) Milk</u> Pizza Sliced Cucumber Baby Carrots (A) Milk <u>Muffin/ (A) Milk</u></p> <p>14</p>	<p><u>Turkey Sausage Biscuit</u> Cheese Melt Sliced Cucumber Fresh Fruit (A) Milk <u>Turkey Sausage Biscuit</u></p> <p>15</p>	<p><u>Hot Cereal/ (A) Milk</u> Chicken Fajitas Pinto Beans Canned Fruit WG Tortilla (A) Milk <u>Hot Cereal/ (A) Milk</u></p> <p>16</p>	<p><u>Turkey Sausage Roll</u> Chicken Nuggets Mashed Potato Fresh Fruit Wedges WG Roll (A) Milk <u>Turkey Sausage Roll</u></p> <p>17</p>	<p><u>Waffles/Fresh Fruit Wedges</u> Deli Sandwich Sliced Cucumber Baby Carrots (A) Milk <u>Waffles/Fresh Fruit Wedges</u></p> <p>18</p>
<p>Martin Luther King Jr.</p> <p>21</p>	<p><u>Carrot Bread/ (A) Milk</u> Chicken Strips Mashed Potato Canned Fruit WG Dinner Roll (A) Milk <u>Carrot Bread/ (A) Milk</u></p> <p>22</p>	<p><u>Breakfast Burrito</u> Chicken Quesadilla Jicama Baby Carrots (A) Milk <u>Breakfast Burrito</u></p> <p>23</p>	<p>Birthday Celebration <u>Muffin/ (A) Milk</u> Beef Burrito Garden Salad Canned Fruit (A) Milk <u>Muffin/ (A) Milk</u></p> <p>24</p>	<p><u>Turkey Ham & Cheese Croissant</u> Country Fried Steak Mashed Potato/Green Beans WG Roll / (A) Milk <u>Turkey Ham & Cheese Croissant</u></p> <p>25</p>
<p><u>Pancakes / (A) Milk</u> Rotisserie Chicken Mac & Cheese Sliced Cucumbers Fresh Fruit Wedges (A) Milk <u>Pancakes / (A) Milk</u></p> <p>28</p>	<p><u>Cinnamon Roll/ (A) Milk</u> Soft Tacos Baby Carrots Pinto Beans (A) Milk <u>Cinnamon Roll/ (A) Milk</u></p> <p>29</p>	<p><u>Yogurt/Fresh Fruit Wedges</u> Deli Sandwich Sliced Cucumber Canned Fruit (A) Milk <u>Yogurt/Fresh Fruit Wedges</u></p> <p>30</p>	<p><u>Turkey Sausage Roll</u> Popcorn Chicken Broccoli Bites Baby Carrots (A) Milk <u>Turkey Sausage Roll</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.

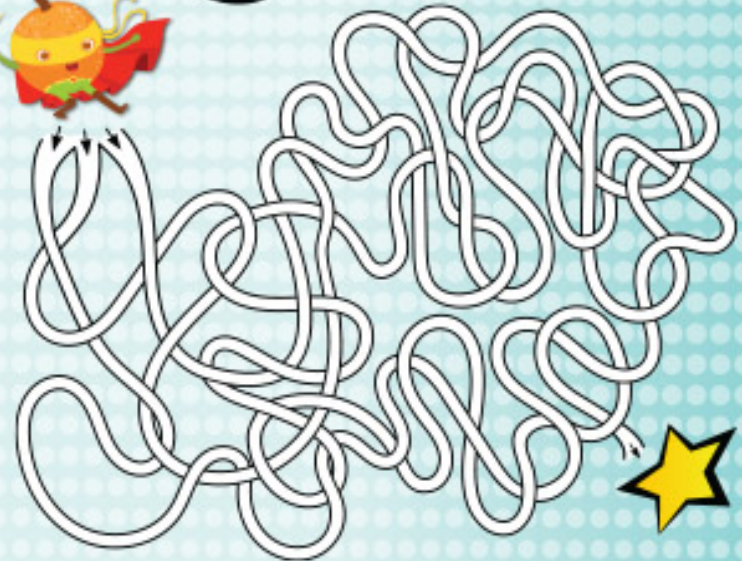


ORANGE STAR'S FAVORITE ACTIVITIES
Traveling and Swimming



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