

JANUARY

HAPPY NEW YEAR!



Special Announcements

Welcome back fellow Panther staff, students, and family. We all know that a new year represents change to so many of us.

This month we will be introducing our students to new menu items as well as more fresh fruit choices during the lunch period.

Please inform Ms. Precious of any food allergies that your student may suffer from. Continue to be encouraged by being a good seed as you are guaranteed to reap a pleasing and abundant harvest.



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Winter Break	3 No School Winter Break	4 B: Cheese Grits + Toast L: Chicken Tenders Lima Beans Garlic Bread Fruit Juice (Pineapple Orange)	5 B: Cereal + Fruit Cocktail L: Chiliw/ Cheese Corn Bread Muffin Apple Juice	6 B: Breakfast Pizza+ Juice L: Cheese Pizza (2Slices) Chef Salad Grapes
9 B: Panther Toast+ Orange Slices L: Chicken and Rice Lima Beans Garlic Bread Fruit Juice (Pineapple Orange)	10 B: Pop Tarts + Yogurt +Apple Slices L: Fish Stick Mac N Cheese Corn	11 B: Cheese Grits + Sausage + Eggs	12 B: Fruit Bowl + Toast + String Cheese L: Cream of Broccoli Soup Garden Salad Garlic Toast	13 B: Breakfast Pizza+ Juice L: Cheese Pizza (2Slices) Carrots w/ Ranch Dressing Grapes
16 NO School Martin Luther King Day	17 B: Cereal + Banana L: Sheppard Pie (With Ground Turkey Meat) Strawberries w/ whipped topping	18 B: Toast + Sausage + Eggs L: Chicken and Rice Lima Beans Garlic Bread Fruit Juice	19 B: Breakfast Taquito + Fruit Juice L: Beef Steak Green Beans Banana Garlic Toast	20 B: Breakfast Pizza+ Juice L: Cheese Pizza (2Slices) Chef Salad Grapes
23 B: French Toast Sticks+ Assorted Fresh Fruit + Cheese L: Nachos w Cheese Corn Apple Slices	24 B: Cheese Grits + Sausage + Eggs L: Cheese Toast Celery + Carrots w/ Ranch Dressing Banana	25 B: French Toast Sticks+ Assorted Fresh Fruit + Cheese L: Hot Dogs w/ Bun Baked Beans Applesauce	26 B: Pot Tarts+ Applesauce L: Chili w/ Cheese Corn Bread Muffin Apple Juice	27 B: Breakfast Pizza+ Juice L: Cheese Pizza (2Slices) Carrots w/ Ranch Dressing Grapes
30 B: Cereal + Fresh Assorted Fruit + Cheese L: Cream of Broccoli Soup Garden Salad Garlic Toast	31 B: Breakfast Taquito + Fruit Juice + L: Sheppard Pie (With Ground Turkey Meat) Strawberries w/ whipped topping			

Good Eats At:

Basilica School of Saint Paul
Panther Café

Questions, comments, or concerns? Please contact Ms. Precious at (386) 252-7915 ext.

Eggs

Eggs come in all different colors and sizes. The eggs that we buy at the store are produced by female chickens, known as hens. Egg whites are a great source of protein and egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Vitamin D: Since sunlight is a natural source of vitamin D it is sometimes called the "sunshine vitamin". Vitamin D helps our immune system function normally. It's also important for our bones and teeth to grow and be strong.

Farm Regions: High Plains, North Texas, Central Texas, and Coastal Bend

A RAINBOW OF EGG COLORS:

Eggs can be shades of green, blue, tan, and dark brown. Hens with white feathers tend to lay white eggs, while hens with red feathers tend to lay brown eggs. The colored eggs usually come from a variety of different breeds of chickens.



Milk

Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

Calcium: Milk is an excellent source of calcium, helping build and maintaining strong bones and teeth.

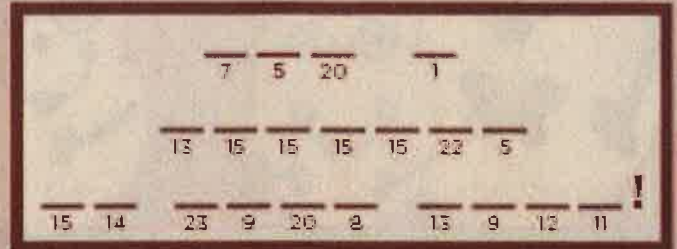
Farm Regions: Entire state of Texas

Did You Know? One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

Visit: SquareMeals.org/SeasonalityWheel

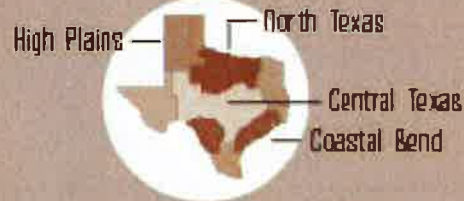
MESSAGE DECODER

A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26



Joke of the Month

Q. What did the mama cow say to baby cow when he wanted to stay up late?
see answer below.



Farming Regions

