

# JANUARY 2019



I'm  
**ORANGE STAR**

**GOOD EATS AT**

Panther Café  
All meals are served with WW rains, and a choice of 1% white or fat free chocolate milk

**SPECIAL ANNOUNCEMENTS**

We are currently looking for a cook assistant for more information contact Ms. Robinson at (386) 252-7915 Ext. 331.

M	T	W	TH	F
<p>Winter Break</p> <p>1</p> <p>B: Oatmeal, Fresh Fruit, Fruit Juice, Toast L: Grilled Cheese, Edamame, and Banana AC: Granola Bars and</p>	<p>Winter Break</p> <p>2</p> <p>B: Toast, Oranges, Fruit Juice and Sausage L: Hot Dog w. Chili Sauce, Fresh Oranges, Baked</p>	<p>Winter Break</p> <p>3</p> <p>B: Cheese Toast, Cucumbers, Fruit Juice L: Pasta Roni, Fruit Salad, Carrots w. Dressing</p>	<p>Winter Break</p> <p>4</p> <p>B: String Cheese, Fresh Fruit, Cin. Toast Juice L: Pizza (2), Italian Fruit Ice, Cucumber Salad</p>	<p>Winter Break</p> <p>5</p> <p>B: Cereal, Toast, Fresh Fruit w/ Jelly L: Pizza (Pep), Salad w dressing, Fruit Juice AC: Graham Crackers, and Frozen Treat</p>
<p>B: Pop Tart, String Cheese, O.J and Apple L: Burrito w. Picante Sauce, Fruit Cocktail, and Corn on the Cob</p> <p>6</p>	<p>B: Cin. Toast, Fresh Fruit, L: Corn Dog, Tatar Tots, Fresh Grapes AC: Chips, and Yogurt</p> <p>9</p>	<p>B: Pancake on a stick w. , Banana, and Juice L: Spaghetti w. Beef, Corn, Fr. Assorted Fruit AC: Apples and</p> <p>10</p>	<p>B: Cereal, Toast, Roll Ups, Fresh Fruit, Toast L: Beef Patty w. Gravy, Broccoli, Fruit Juice AC: Granola and</p> <p>11</p>	<p>B: Grits, Bacon, Toast, and Fruit Salad (LG) L: Pizza (2), Celery, Carrots, w. Dressing, and Fruit Juice AC: Fruit and Crackers</p> <p>12</p>
<p>B: Sausage, Fresh Fruit, and Cheese Toast L: Purlow Rice, Garlic Toast, and Orange Juice</p> <p>15</p>	<p>B: Cereal, Toast, Fruit Juice, Orange Slices L: Lasagna. Green Beans, Sliced Tomato AC: Italian Ice, Graham Crackers</p> <p>23</p>	<p>B: Fruit Bowl, Toast (2), Boiled Egg L: Turkey Sliders, Salad, Fresh Bowl AC: Juice and Cinnamon Toast</p> <p>31</p>	<p>B: Cereal, Toast, Oranges, &amp; Grapes L: Beef A Roni, Salad, Juice Bar AC: Juice Bar and String Cheese</p> <p>30</p>	<p>B: Oatmeal, Fresh Fruit, Juice, &amp; String Cheese L: Hot Dog, Baked Beans, Tatar Tots AC: Fruit Roll Up &amp;</p> <p>29</p>
<p>No School MLK DAY</p> <p>21</p>	<p>B: Buttered Toast, Fresh Fruit, and Juice L: Fish Sticks w. Tartar Sauce, Broccoli, Fruit Salad AC: Grahams and</p> <p>14</p>	<p>B: Cheese Toast, Strawberries, Grapes and Cheese Sticks L: Loaded Tacos, Dragon Fruit, &amp; Corn AC: Chips and Apples</p> <p>22</p>	<p>B: Oatmeal, Fresh Fruit, Juice, &amp; String Cheese L: Spaghetti, String Cheese, Carrots, &amp; Juice AC: Juice Pop &amp; Fruit</p> <p>28</p>	<p>No School MLK DAY</p> <p>21</p>



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



## JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

## MAZE

Color the path that will lead the superhero to his missing star.



Sources: Texas A&M and Agrilife Extension

Answer: Path #3