

**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**

# JANUARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE AN A-MAIZE-ING MONTH!**

**HAPPY  
NEW YEAR**

Pizza  
Carrot Coins  
Corn  
Sliced Peaches  
Choice of Milk  
**Sausage Roll** 4

Chicken Nuggets  
Mac & Cheese  
Savory Green Beans  
Garden Salad  
Apples Slices  
Choice of Milk  
**Cheese Omelet Wrap** 5

Pulled Pork Sliders  
Tator Tots  
Fresh Veggie Cup  
Fresh Orange Smiles  
Chocolate/Vanilla  
Pudding  
Choice of Milk  
**Breakfast Pizza** 6

Burritos  
Charro Beans  
Garden Salad  
Salsa  
Hot Cinnamon Apples  
Choice of Milk  
**Pancakes & Sausage Links** 7

Hamburger w/Cheese  
Oven Fries  
Baby Carrots w/ Lite  
Ranch  
Sliced Pears  
Crispy Cereal Treat  
Choice of Milk  
**Cinnamon Rolls & Bacon** 8

Chicken on a Bun  
Oven Fries  
Pork n Beans  
Sliced Apples  
Choice of Milk  
**Oatmeal & Cinnamon Toast** 11

Tacos  
Garden Salad  
Corn  
Salsa  
Orange Smiles  
Cookie  
Choice of Milk  
**Sausage Roll** 12

Chicken Fried Steak  
Mashed Potatoes  
Savory Green Beans  
Strawberry Cup  
Roll  
Choice of Milk  
**Pancakes & Bacon** 13

Turkey w/Gravy  
Garden Salad  
Sweet Potatoes  
Roll  
Snowball Salad  
Choice of Milk  
**Biscuit & Gravy** 14

Hot Dogs  
Cucumber Dippers  
Baby Carrots w/Lite  
Ranch  
Applesauce  
Baked Chips  
Choice of Milk  
**Breakfast Burrito** 15

**HOLIDAY** 18

Corn Dog  
Baked Beans  
Broccoli Bites  
Sliced Apples  
Brownie  
Choice of Milk  
**Pop Tart & Yogurt** 19

Salisbury Steak  
Brown Gravy  
Roasted Potatoes  
Green Beans  
Biscuit  
Sliced Peaches  
Choice of Milk  
**Breakfast Strudel & Cheese Sticks** 20

Pizza  
Baby Carrots w/Lite  
Ranch  
Crunchy Broccoli Salad  
Fresh Fruit  
Cookie  
Choice of Milk  
**Biscuit & Gravy** 21

Chicken Sandwich  
Oven Fries  
Fresh Veggie Cup  
Mandarin Orange  
Choice of Milk  
**Muffin & Sausage Links** 22

Chicken Quesadilla  
Baby Carrots w/Lite  
Ranch  
Steamed Broccoli  
Chilled Pineapple  
Sugar Cookie  
Choice of Milk  
**Breakfast Burrito** 25

Tex-Mex Stack  
Spanish Rice  
Refried Beans  
Salsa  
Petite Tomato Cups  
Hot Cinnamon Apples  
Choice of Milk  
**Breakfast Pizza** 26

Beef & Macaroni  
Savory Green Beans  
Garden Salad  
Sliced Peaches  
Bread Stick  
Choice of Milk  
**Waffle & Sausage Links** 27

Chicken Fajitas  
Garden Salad  
Salsa  
Fresh Veggie Cup  
Fresh Orange  
Tortilla Chips (HS only)  
Choice of Milk  
**Biscuit & Scrambled Eggs** 28

Hamburger w/Cheese  
Oven Fries  
Chili Beans  
Sliced Apples  
Choice of Milk  
**Cinnamon Roll & Bacon** 29

GOOD EATS AT:

***Santa Anna  
Cafeteria***



**SPECIAL ANNOUNCEMENTS**

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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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# IT'S JANUARY!

Get the year off to an awesome start with healthy, energy-packed vegetables like Texas corn. It's part of the Great Plate of Texas!

**FOOD:** Corn

**CATEGORY:** Vegetable

**GROWING REGIONS:** High Plains, Central Texas, South Texas

## WHERE TO FIND IT:

Corn grows in Texas fields and once harvested fresh Texas corn can be found at your local farmers market or in the produce section at the grocery store. Corn is also frozen, canned, and made it into cornmeal that can be used in other foods like cereals and breads.

## DISTINGUISHING CHARACTERISTICS:

Texas Corn grows on 8 foot tall stalks that produce grain-covered cobs we call "ears." When harvested, the ears are attached to a fleshy, outer husk that is removed before milling or eating. Popular varieties are yellow, white and blue.



## WHAT TO KNOW:

Carbohydrates are the fuel the body needs for energy and Texas sweet corn is loaded with it. It's also a good source of fiber and Vitamin A!

## DID YOU KNOW?:

Texans plant more than 2 million acres of food-and-feed corn every year.

## JOKE:

**Q:** How is an ear of corn like an army?

**A:** It has a lot of kernels!



**COMING IN FEBRUARY:**

**BEEF!**



## FUN FACT:

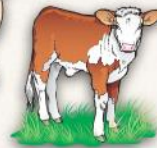
Every row of corn on a corncob has the same number of kernels.

## EXPLORER'S NOTEBOOK:

Corn, in one form or another, has been growing in Texas since prehistoric times. Native Americans were already growing "chapalote" corn here when Spanish explorers arrived in the 1500s. The explorers took it with them and used it to make tortillas, tamales, posole and a warm beverage called atole. Today, corn is used in a wide variety of foods. Corn is even used as fuel!



**Q:** What Runs on the Super Power of Corn?



**A:** You      Livestock      Vehicles

