

JANUARY



HAPPY NEW YEAR!



Special Announcements

Jan 2- 3, 2017 – Christmas Holidays

January 04, 2017 – Staff Development/Student Holiday

January 05, 2017 – School Resumes

January 13, 2017 – Cochran County Stock Show/ No School

Breakfast is served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, and/or Fat Free Strawberry Milk.

Breakfast is served with a choice of fruit and/or 100% fruit juice.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Christmas Holiday Fruit Juice Milk	3 Christmas Holiday Fruit Juice Milk	4 Staff Development/Student Holiday Fruit Juice Milk	5 Waffles Yogurt Fruit Juice Milk	6 Grilled Cheese Fruit Juice Milk
9 Cinnamon Pull-a-Parts Cheese Stick Fruit Juice Milk	10 Breakfast Pizza Fruit Juice Milk	11 Pancake Wrap Fruit Juice Milk	12 Breakfast Muffin Yogurt Fruit Juice Milk	13 Cochran County Stock Show—Student Holiday
16 French Toast Yogurt Fruit Juice Milk	17 Breakfast Burrito Fruit Juice Milk	18 Mini Pancakes Yogurt Fruit Juice Milk	19 Breakfast Strudel Cheese Stick Fruit Juice Milk	20 Sausage Kolache Cheese Stick Fruit Juice Milk
23 Breakfast Round Yogurt Fruit Juice Milk	24 Egg & Cheese Sandwich Fruit Juice Milk	25 Sausage Biscuit Fruit Juice Milk	26 Breakfast Sliders Fruit Juice Milk	27 Waffles Yogurt Fruit Juice Milk
30 Peanut Butter & Jelly Sandwich Fruit Juice Milk	31 Breakfast Pizza Fruit Juice Milk			

Good Eats At:

Whiteface Cons ISD
PK – 12th Grades

Breakfast Menu

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER AG MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
2 Christmas Holiday	3 Christmas Holiday	4 Staff Development/Student Holiday	5 Soft Tacos/Salsa Lettuce & Tomato Garnish Baby Carrots w/Ranch Seasoned Corn Peaches Cookie	6 Country Fried Steak/Gravy Roll Mashed potatoes Savory Green Beans Strawberry Cup
9 Chicken Sandwich Lettuce & Tomato Garnish Tater Tots Fresh Veggie Cup Mandarin Oranges	10 Salisbury Steak Brown Gravy Biscuit Roasted Potatoes Garden Salad Fruity Gelatin	11 Corn Dog Tater Tots Baked Beans Broccoli Bites Apple-Pineapple D'Lite	12 Nachos Grande/Salsa Lettuce & Tomato Garnish Refried Beans Cucumber Dippers Tiny Tomato Cup Diced Pears Sherbet	13 Cochran County Stock Show/Student Holiday
16 Tex-Mex Stack/Salsa Spanish Rice (9-12 only) Lettuce & Tomato Garnish Refried Beans Tiny Tomato Cup Rosy Applesauce	17 Chicken Nuggets/Gravy Roll Mashed Potatoes Garden Salad Tuscan Vegetables Fresh Seasonal Fruit	18 Cheeseburger Hamburger Garnish Tater Tots Fresh Veggie Cup Orange Smiles	19 Chicken Parmesan Breadstick Garden Salad Savory Green Beans Apple Slices	20 Pizza Baby Carrots w/Ranch Broccoli Bites Pineapple Tidbits Sugar Cookies
23 Spaghetti Bowl Breadstick Garden Salad California Blend Vegetables Sliced Peaches Chocolate or Vanilla Pudding	24 Chicken Fajitas/Salsa Lettuce & Tomato Garnish Flour Tortillas Seasoned Corn Charro Beans Cinnamon Applesauce	25 Pizza Broccoli Bites Tiny Tomato Cup Orange Smiles	26 Popcorn Chicken Roll Tater Tots Cucumber Dippers Mandarin Oranges & Pineapple Cookie	27 Steak Fingers Cream Gravy Roll Mashed Potatoes Carrot Coins Strawberries & Bananas
30 Cheeseburgers Hamburger Garnish Tater Tots Baby Carrots/Ranch Mixed Fruit	31 Ham & Cheese Sandwich on Croissant Tomato-Cucumber Cup Garden Salad Snowball Salad			

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Whiteface Cons ISD
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Lunch Menu

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

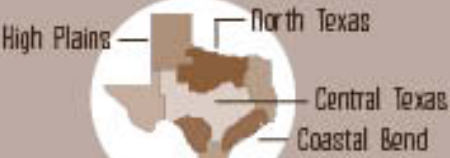
Got Milk? Milk is produced by dairy cows and is used to make butter, cheese, yogurt, and other products. Milk is a great source of vitamin D and a good source of protein.

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



Farming Regions

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

7	5	20	1							
13	15	15	15	15	22	5				
15	14	23	9	20	8	13	9	12	11	!

Joke of the Month

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