Your text here

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3. Breakfast Boat	4. Chicken-n-Waffles	5. Stuffed Bagel	6. Dutch Waffle
NO SCHOOL	Chili Cheese Combo Fresh Veggie Cup Fresh Fruit Choc/Vanilla Pudding Milk Variety	Fiesta Bowl Garden Salad Tiny Tomato Cup Fruit Cup Milk Variety	Chicken Nuggets Mac and Cheese Savory Green Beans Broccoli, Apple Slices Milk Variety	Corn Dog, Oven Fries Baby Carrots Sliced Peaches Crispy Cereal Treat Milk Variety
9. Sausage Kolache	10. Cheese Omelet Wrap	11. Breakfast Pizza	12. Waffles	13. Cinnamon Roll
Country Fried Steak/Gravy Mashed Potatoes Green Beans Strawberry Cup Roll Milk Variety	Enchiladas, Salsa Zesty Cucumbers Refried Beans w/ Garnish Rosy Applesauce Spanish Rice - 9th–12th Milk Variety	Pizza Choice Garden Salad Vegetable Medley Orange Smiles Milk Variety	Soft Tacos Baby Carrots Mexicali Corn, Salsa Garnish Peaches, Cookie Milk Variety	Hamburger or Cheeseburger w/Garnish Coleslaw Sweet Potato Fries Apple Slices Milk Variety
16.	17. Sunrise Sandwich	18. Biscuit and Gravy	19. Cinnamon Toast	20. Breakfast Burrito
No School	Nachos Grande Refried Beans, Salsa w/garnish Cucumber Dippers Tiny Tomato Cup, Pears, Lime Sherbet Milk Variety	Taquitos & Queso Salsa, Seasoned Corn Veggie Cup w/Garnish Mandarin Oranges Milk Variety	Salisbury Steak Biscuit/Brown Gravy Roasted Potatoes Garden Salad Fruity Gelatin Milk Variety	Hot Dog Corn Chips Baby Carrots Crunch Broccoli Salad Fresh Grapes, Cookie Milk Variety
23. Pancake Wrap	24. Chicken-n-Biscuit	25. French Toast	26. Breakfast Pizza	27. Dutch Waffle
Chicken Nuggets Mashed Potatoes Roll, Garden Salad Tuscan Vegetables Seasonal Fruit Milk Variety	Pizza Choice Baby Carrots Steamed Broccoli Chilled Pineapple Sugar Cookie Milk Variety	Chicken Fajitas w/Garnish Refried Beans, Salsa Tomato Cup Hot Cinnamon Apples Spanish Rice-9th - 12th Milk Variety	Hamburger or Cheeseburger w/Garnish Oven Fries, Veggie Cup Orange Smiles Milk Variety	Chicken Parmesan Garden Salad Green Beans Apple Slices Breadsticks Milk Variety
30. Pancakes	31. Breakfast Pizza			
Steak Fingers Gravy/Roll Mashed Potatoes Carrot Coins Strawberries & Bananas Milk Variety	Spaghetti Bowl Breadstick Garden Salad California Blend Vegetables Slice Peaches Chocolate/Vanilla Pudding Milk Variety	This institution is an equal opportunity provider.	We Offer Daily: Breakfast - Juice, Milk, Water Lunch - Water, Milk, Fruit (additional fruit choices offered for 9th-12th)	Eva De Los Santos, Director 806 428-4229 esantos@esc17.net

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

Activities

MESSAGE DECODER

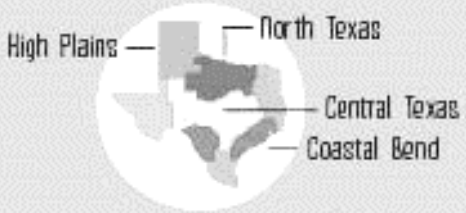
A - 1	F - 6	K - 11	P - 16	U - 21
B - 2	G - 7	L - 12	Q - 17	V - 22
C - 3	H - 8	M - 13	R - 18	W - 23
D - 4	I - 9	N - 14	S - 19	X - 24
E - 5	J - 10	O - 15	T - 20	Y - 25
				Z - 26

				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.



Farming Regions

Q: What do a Moooose on with milk AND a bear do? It's pasture bedtime.