

JANUARY 2018

Good Eats at:
Lockney ISD Cafeteria
310 SW 8th Street
Lockney, Texas

Special Announcements

Breakfast Served Daily
From 7:15 AM -7:50 AM
In Elementary Cafeteria
For Grades PK-5th Grade
and At 7:35 AM-7:50 AM
In Breezeway Between
JH & HS For Grades 6th-
12th.

All Breakfast Is Offered
Free of charge To All
Students PK-12th Grade.

*Indicates designated
item for Pre-K

MON	TUE	WED	THUR	FRI
NO School	NO School	NO School	NO School	NO School
1	2	3	4	5
Sausage Kolache Yogurt OR Cereal Toast Fruit Juice & Milk 8	Breakfast Taquito OR PBJ Fruit Fruit Juice Milk 9	Waffles Sausage OR Muffin Yogurt Fruit Juice & Milk 10	Breakfast Pizza OR PBJ Fruit Fruit Juice Milk 11	Donut OR French Toast* Sausage Fruit Fruit Juice Milk 12
Pancakes Sausage OR Cereal Toast Fruit Juice & Milk 15	Breakfast Burrito Hash Brown OR PBJ Fruit Juice & Milk 16	Biscuit, Eggs, Bacon OR Muffin Yogurt\Fruit Fruit Juice Milk 17	Sausage Kolache* Yogurt OR Cereal Bar Yogurt Fruit Juice & Milk 18	Egg & Cheese Sandwich OR Cereal Toast Fruit Juice & Milk 19
Waffles Bacon OR Cereal Toast Fruit Juice & Milk 22	Cheesy Toast Sausage OR PBJ Fruit Fruit Juice Milk 23	Breakfast Pizza OR Cereal Toast Fruit Juice & Milk 24	Sausage, Egg & Cheese Sandwich Or PBJ Fruit Juice & Milk 25	Pita Pocket Breakfast OR Cereal Toast Fruit Juice & Milk 26
Sausage Biscuit OR Muffin Yogurt Fruit Juice & Milk 29	Breakfast Burrito Hash Browns Or PBJ Fruit Juice & Milk 30	Chicken-n- Waffles OR Cereal Toast Fruit Juice & Milk 31		

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**HAPPY
NEW YEAR!**

+200
+100
+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Fun facts
on back! ➔

Launch PAD

RUBY RED GRAPEFRUIT GROWING REGION

Rio Grande Valley



Fun FACT

Grapefruit got its name from growing in bunches just like grapes.

Power UP!

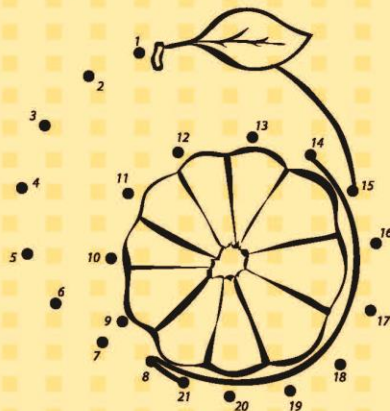
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



Ruby Red GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

2 cups Pasta, whole grain, corkscrew
 • 1 cup Romaine lettuce, shredded
 • 1 cup Grapefruit chunks, fresh or canned • ½ cup Mango, peeled, sliced
 • ½ cup Red Cabbage, Shredded
 • ½ cup Onions, chopped • 1 cup Yogurt, low-fat, plain or vanilla • Orange

PREPARATION

1. Cook pasta as directed on package. Drain. **2.** In a small bowl, combine yogurt and juice of the orange. **3.** Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl. **4.** Pour dressing over. Mix until all parts are coated.

Serving Suggestions:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q. Why did the grapefruit stop at the top of the hill?

A: Because it ran out of juice.

+200

+100

+50

