

JANUARY 2018

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

Special Announcements

All Meals Are Offered Free of Charge to All Students PK-12th Grade.

Grades 9th-12th Are Offered An Extra ½ Cup Of Fruit Daily.

Lunch Is Served Daily From 11:00AM-1:00PM.

We Encourage You To Join Your Child For Lunch Anytime.

*Indicates Items Offered Only To Grades K-12th.

MON	TUE	WED	THUR	FRI
No School 1	No School 2	No School 3	No School 4	NO School 5
Breaded Drumstick, Texas Toast* OR Pizza, Corn Baby Carrots Grapes, Cookie* Milk 8	Crispy Tacos OR Frito Pie Veggie Cup Charro Beans Fruit, Garnish, Salsa & Milk 9	Lasagna OR Chicken Nuggets Mashed Potatoes Garden Salad Tuscan Veggies* Roll*, Pears & Milk 10	Hamburger Cheeseburger OR Hot Dog Oven Fries Baby Carrots Orange Smiles Milk 11	Pulled Pork Sliders, Coleslaw OR Chicken Parmesan, Salad, Breadstick Green Beans Pineapple & Milk 12
Corn Dog & Tots OR Roasted Chicken, Roll & Broccoli Bites Baked Beans Apple-Pineapple D'Lite* & Milk 15	Nachos Grande Beans, Salsa & Garnish Or Taco Soup, Cornbread Tomato Cup Cucumbers, Milk Peaches, Sherbet* 16	Chicken Sandwich & Fries OR Xtreme Burrito w/ Corn, Salsa & Garnish Veggie Cup Fruit & Milk 17	Asian Bowl Eggroll OR Salisbury Steak Potatoes, Gravy & Biscuit, Salad*Fruity Gelatin & Milk 18	Pizza Choice OR Ham & Cheese Melt Baby Carrots, Broccoli Salad Fresh Fruit Brownie* & Milk 19
Country Fried Steak & Gravy OR Meatloaf Mashed Potatoes Okra, Roll Strawberry Cup Milk 22	Meat & Cheese Chalupas Or Enchiladas, Salsa, Garnish, Refried Beans, Milk Cucumbers Applesauce 23	Chicken Tenders Gravy & Toast OR Hamburger Garnish, Sweet Potato Fries, Fruit Broccoli, Cereal Treat* & Milk 24	Chicken Spaghetti & Breadstick OR Pizza Choice Salad, Carrots Apple Slices Milk 25	Shrimp Poppers Fish Sticks Mac & Cheese Or BBQ on Bun Coleslaw Green Beans Oranges & Milk 26
Texas Basket OR Hamburger/ Cheeseburger Garnish, Fries Veggie Cup Mixed Fruit Milk 29	Tex-Mex Stack OR Chicken Fajitas, Salsa Charro Beans Tomato Cup* Garnish, Hot Apples & Milk 30	Chicken Alfredo Breadstick OR Calzone, Marinara Sauce* Tuscan Veggies, Salad, Peaches, Cookie* & Milk 31		

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HAPPY NEW YEAR!

+200
+100
+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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!

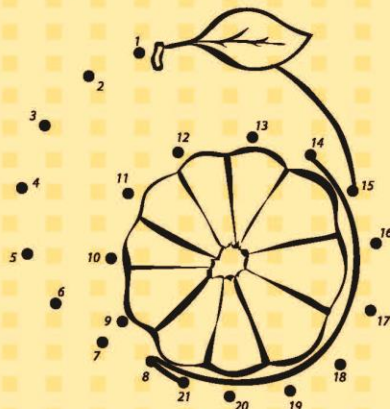
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



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

