<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td><strong>HOLIDAY</strong> 1</td>
<td><strong>HOLIDAY</strong> 2</td>
<td><strong>HOLIDAY</strong> 3</td>
<td><strong>HOLIDAY</strong> 4</td>
<td><strong>HOLIDAY</strong> 5</td>
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<tr>
<td>Breakfast Burrito Or Breakfast Strudel W Cheese Stick Fruit Juice</td>
<td>Chicken N Waffles Or Breakfast Parfait Fruit Juice</td>
<td>Stuffed Bagel Or Cereal Bar &amp; Yogurt</td>
<td>Dutch Waffle w/Bacon Or French Toast Fruit Juice</td>
<td>Fruit Juice</td>
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<tr>
<td>Early Bird Sandwich Or Breakfast Pizza Fruit Juice</td>
<td>Biscuit &amp; Gravy Scrambled Eggs &amp; Bacon Fruit Juice</td>
<td>Pancake Wrap Yogurt Or PBJ Sandwich Sandwich Fruit Juice</td>
<td>Cinnamon Roll W /Sausage or Biscuit Sausage Fruit Juice</td>
<td>Fruit</td>
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<tr>
<td>Pancakes &amp; Bacon Or Breakfast Round &amp; Yogurt, Fruit Fruit Juice</td>
<td>Sunrise Sandwich Or Cheesy Toast Fruit Juice</td>
<td>French Toast &amp; Sausage Breakfast Parfait Fruit Juice</td>
<td>Oatmeal &amp;Cinnamon Toast or Breakfast Bread Yogurt Fruit Juice</td>
<td>Fruit</td>
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<tr>
<td>Sausage Kolache &amp; Yogurt Or Muffin &amp; Yogurt Fruit Juice</td>
<td>Cheese Omelet &amp; Toast Or Breakfast Taquito Fruit Juice</td>
<td>Waffles &amp; Sausage Or Parfait Fruit Juice</td>
<td>Breakfast Burrito Hash Brown or Breakfast Round Fruit Juice</td>
<td>Fruit</td>
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</tbody>
</table>

**Special Announcements**

Offered Daily –
- Fruit Selections
- 100% Fruit Juice
- Milk Variety
- Cereal Variety
- Toast

**HAPPY NEW YEAR!**

**SEAGRAVES SCHOOLS BREAKFAST MENU**

**January 2018**

**Good Eats at: SEAGRAVES SCHOOLS BREAKFAST MENU**

- **Fruit Selections**
- **100% Fruit Juice**
- **Milk Variety**
- **Cereal Variety**
- **Toast**

This product was funded by USDA. This institution is an equal opportunity provider.
LaunchPad
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.

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!