

JANUARY



HAPPY NEW YEAR!



Special Announcements

Bronte ISD Breakfast

: Monday: Chicken-n-Biscuit
 Tuesday: Breakfast Pizza
 Wednesday: Stuffed Bagel & Sausage
 Thursday: PBJ Sandwich
 Friday: Sausage & Biscuit

Or
 Choice Of:
 Monday-Friday
 Cereal W/ Toast & Jelly
 Assorted Juice, Fruit & or Milk



Monday	Tuesday	Wednesday	Thursday	Friday
2 No, School	3 Meatball Sub Sandwich Potato Rounds Fresh Veg. Cup Fruit, Milk	4 Pizza Tomato, Cup Seasoned Corn Fruit Pudding Cups, Milk	5 Mac & Cheese Green Beans Chicken Nugget Garden Salad Apple Slices Milk	6 Hamburger Oven Fries Baby Carrots Peaches Milk Cookie
9 Country Fried Steak W/Gravy Mashed Potatoes Green Beans Roll, Strawberry Cup Milk	10 Meat & Cheese Tostadas, Salsa Spanish, Rice Refried Beans Zesty Cucumbers Rosy Applesauce, Milk	11 Chicken Spaghetti, Breadsticks Garden Salad Veg. Medley Orange Smiles, Milk	12 Frito Pie Mexicali Corn Baby Carrots/W Ranch, Salsa Peaches, Milk	13 Hamburger Sweet Potato Fries, or Tots Coleslaw Apple Sl., Milk
16 Corn Dog & Tots Western Beans Broccoli Apple-Pineapple Milk	17 Nachos Grande Refried Beans Tomato Cup Cucumber Dippers Salsa, Pears Milk	18 Chicken Sandwich Oven Fries Veg. Cup Mandarin Orange, Milk	19 Salisbury, Steak Roasted Potatoes Biscuit, Brown Gravy Garden Salad Fruity Gelatin, Milk	20 No, School
23 Chicken Nuggets Mashed Potatoes Garden Salad Tuscan Vegetables Peaches Rolls, Gravy, Milk	24 Asian Chicken Eggroll & Rice Baby Carrots Steamed Broccoli Pineapple, Milk Sugar Cookie	25 Tex- Mex. Stack Spanish, Rice Refried Beans Salsa, Milk Tomato Cup Cinnamon Apple	26 Hamburger Oven Tots Fresh Veg. Cup Orange Smiles Milk	27 Chicken Parmesan Green Beans Garden Salad Apple Slices Breadstick Milk

Steak Fingers
 Gravy
 Mashed Potatoes
 Carrots Coins
 Fruit
 Rolls, Milk

Spaghetti Bowl
 Breadstick
 Garden Salad
 California Blend Veg.
 Sliced Peaches
 Milk,



Good Eats At:

Bronte ISD- Lunch Prices
 Pre K-5 \$2.50, 6-12th 2.75, Teachers 3.60
 Visitor 4.00 This institution is
 an equal opportunity provider.

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

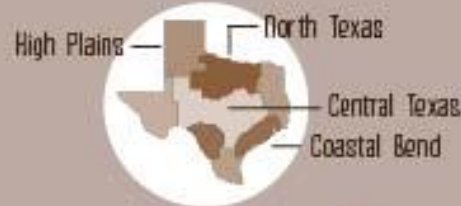
MESSAGE DECODER

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



MESSAGE: #RUB. Get a Maxine on with M&M. J&E. #RUB. It's pasture bedtime.