

# JANUARY

2019



I'm **ORANGE STAR**

**M** **T** **W** **TH** **F**

1 2 3 4

**STAFF DAY**  
7

Chicken Nuggets  
Mashed Potatoes  
Peas & Carrots  
Assort. Fruit  
Milk 8

Spaghetti w/Meat sauce  
Breadstick  
Steamed Corn  
Chopped Salad  
Mixed Fruit, Milk 9

Frito Pie  
Refried Beans  
Fresh Broccoli  
Pears, Jell-O  
Milk 10

Hamburger or Cheeseburger  
Baked Fries  
Burger Salad  
Fruit Cups  
Milk 11

Chicken Rings  
Baby Carrots  
Chili Beans  
Pineapple Tidbits  
Milk 14

Taco Frito Salad  
Spanish Rice  
Brown Beans  
Lettuce /tomato,  
Apple Sauce  
Milk 15

Pizza  
Cheesy Broccoli  
Veggie Tray  
Peaches  
Milk 16

Vegetable Soup  
Grilled Cheese  
Sandwich  
Salad, Banana  
Milk 17

Hot Dogs Chili or  
Cheese, Tater Tots  
Sliced Cucumbers  
Apple  
Milk 18

**HOLIDAY**  
21

Chicken Fajita  
Spanish Rice  
Refried Beans  
Shred Lettuce  
Pears, Milk 22

Chili Mac  
Seasoned Corn  
Garden Salad  
Pineapple Tidbits  
Milk 23

Taco Soup  
Crackers  
Fresh Broccoli  
Jell-O  
Fresh Fruit  
Milk 24

Pull Pork  
Sandwich  
Baked Fries  
Baby Carrots  
Fruit Cups, Milk 25

Chicken Tenders  
Mashed Potato  
Seasoned Peas  
Peaches 28

Beef Nachos  
Refried Beans  
Fresh Veggies  
Mixed Fruit  
Milk 29

Sausage/Pancake  
Hash brown  
Baked Pork &  
Beans, Apple Sauce  
Juice, Milk 30

Chicken Spaghetti  
Breadstick, Corn  
Salad w/tomato  
Fresh Fruit  
Milk 31

**GOOD EATS AT**

WESTPHAILIA  
ISD

BREAKFAST  
SERVING TIME  
7:15 - 7:45

**SPECIAL ANNOUNCEMENTS**

MONDAY: Mini Pancake  
Tuesday: French Toast Sticks  
Wednesday: Sausage Biscuit  
Thursday: Pop Tart  
Friday: Cinnamon Roll

Every day Cereal, Fruit, Juice and Milk offered.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.



# ORANGE STAR

Orange

Orange Star started out as a little orange blossom that hung on a branch in a grove in Healthyville. During his first winter an early frost caused ice crystals to form all around him. Just as he was about to freeze, the sun hit the crystals in a magical way. Two months later he ripened into a nutritious, fully grown orange and wanted to take the world by storm but did not know how.

Then suddenly, as he fell from the top of the tree, a burst of vitamins shot out like bolts of lightning from his hands as he broke his fall. He discovered he could throw bursts of vitamins to all of the young orange blossoms and they could grow up into nutritious snacks for kids around the world. To this day, Orange Star travels the world turning ordinary orange blossoms into flavorful, nutrient rich oranges that are great snacks for kids to enjoy.



## FUN FACTS

Oranges are grown throughout the world in tropical and subtropical areas, but they achieve the best quality under subtropical conditions. For the most part, the warm, humid conditions of South Texas produce a thin-skinned, yellowish orange fruit with yellowish orange flesh that is quite sweet and juicy.

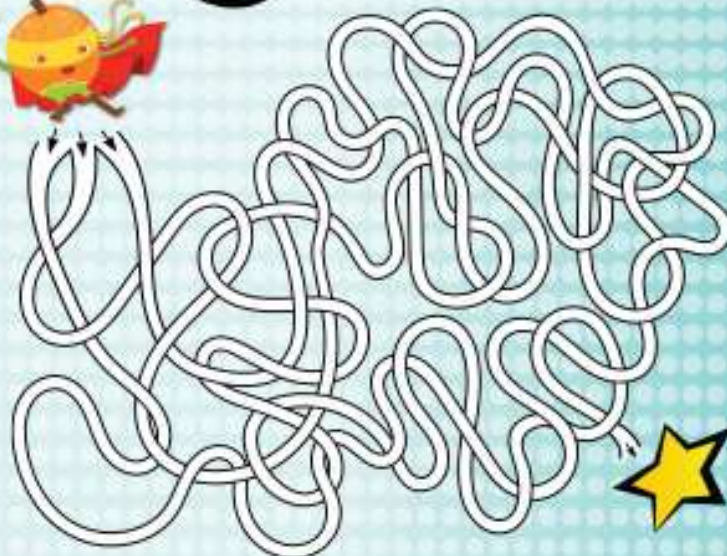


ORANGE STAR'S  
FAVORITE  
ACTIVITIES  
Traveling and  
Swimming



## MAZE

Color the path that will lead the superhero to his missing star.



**POW!**  
ARCH ENEMY  
Fruit Flies

## JOKE OF THE MONTH

Q: Why do oranges wear suntan lotion?

A: Because they peel.

Sources: Texas A&M and Agriflife Extension

Answer: Path #3