

**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**

# JANUARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE AN A-MAIZE-ING MONTH!**

**Happy  
New Year!**

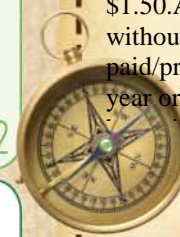
GOOD EATS AT:

Van ISD Breakfast Menu  
Grades 9<sup>th</sup>-12<sup>th</sup>



SPECIAL ANNOUNCEMENTS

1% or Fat Free milk is offered daily with all meals. Reduced-price lunch \$.00 cents. PK-6<sup>th</sup> grade lunch \$2.40, 7<sup>th</sup>-8<sup>th</sup> grade lunch \$2.60, 9<sup>th</sup>-12<sup>th</sup> grade lunch \$2.70. School Breakfast is served on all school days and campus cafeterias, from 7:30 until the first bell sounds. Reduced-price breakfast is \$.00 cents, all full pay breakfast \$1.50. All menus are subject to change without notice. Meals may be paid/prepaid by the day, week, month, year or etc... Money can be collected



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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



**Student**

**Holiday**

4

Morning Sausage Roll or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

5

Sausage & Biscuit w/Gravy or Breakfast Pizza or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

6

Oatmeal w/Toast or Cereal w/Toast  
Fruit & Fruit Juice Milk

7

Sausage & Biscuit w/Gravy or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

8

Morning Sausage Roll or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

11

Pancakes w/Syrup or Cereal with Toast  
Fruit & Fruit Juice Milk

12

Sausage & Biscuit w/Gravy or Breakfast Pizza or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

13

Cinnamon Bun or Cereal with Toast  
Fruit & Fruit Juice Milk

14

Sausage & Biscuit w/Gravy or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

15

**Student**

**Holiday**

18

Morning Sausage Roll or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

19

Sausage & Biscuit w/Gravy or Breakfast Pizza or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

20

Oatmeal w/Toast or Cereal w/Toast  
Fruit & Fruit Juice Milk

21

Sausage & Biscuit w/Gravy or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

22

Morning Sausage Roll or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

25

Pancakes w/Syrup or Cereal with Toast  
Fruit & Fruit Juice Milk

26

Sausage & Biscuit w/Gravy or Breakfast Pizza or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

27

Cinnamon Bun or Cereal with Toast  
Fruit & Fruit Juice Milk

28

Sausage & Biscuit w/Gravy or Cereal w/Graham Crackers  
Fruit & Fruit Juice Milk

29

# IT'S JANUARY!

Get the year off to an awesome start with healthy, energy-packed vegetables like Texas corn. It's part of the Great Plate of Texas!

**FOOD:** Corn

**CATEGORY:** Vegetable

**GROWING REGIONS:** High Plains, Central Texas, South Texas

## WHERE TO FIND IT:

Corn grows in Texas fields and once harvested fresh Texas corn can be found at your local farmers market or in the produce section at the grocery store. Corn is also frozen, canned, and made it into cornmeal that can be used in other foods like cereals and breads.

## DISTINGUISHING CHARACTERISTICS:

Texas Corn grows on 8 foot tall stalks that produce grain-covered cobs we call "ears." When harvested, the ears are attached to a fleshy, outer husk that is removed before milling or eating. Popular varieties are yellow, white and blue.



## WHAT TO KNOW:

Carbohydrates are the fuel the body needs for energy and Texas sweet corn is loaded with it. It's also a good source of fiber and Vitamin A!

## DID YOU KNOW?:

Texans plant more than 2 million acres of food-and-feed corn every year.

## JOKE:

Q: How is an ear of corn like an army?

A: It has a lot of kernels!



COMING IN  
FEBRUARY:  
**BEEF!**



## FUN FACT:

Every row of corn on a corncob has the same number of kernels.

## EXPLORER'S NOTEBOOK:

Corn, in one form or another, has been growing in Texas since prehistoric times. Native Americans were already growing "chapalote" corn here when Spanish explorers arrived in the 1500s. The explorers took it with them and used it to make tortillas, tamales, posole and a warm beverage called atole. Today, corn is used in a wide variety of foods. Corn is even used as fuel!



Q: What Runs on the Super Power of Corn?



A: You    Livestock    Vehicles

