

**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 PK-8th

Student

Holiday

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

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

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

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

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

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

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

Cinnamon Bun
or
Cereal with
Toast
Fruit & Fruit Juice
Milk

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

Student

Holiday

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

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

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

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

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

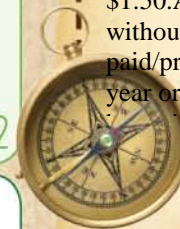
Sausage & Biscuit
w/Gravy or
Cereal w/Graham
Crackers
Fruit & Fruit Juice
Milk

Cinnamon Bun
or
Cereal with
Toast
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Sausage & Biscuit
w/Gravy or
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SPECIAL ANNOUNCEMENTS

1% or Fat Free milk is offered daily with all meals. Reduced-price lunch \$.00 cents. PK-6th grade lunch \$2.40, 7th-8th grade lunch \$2.60, 9th-12th 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

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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

