

JANUARY



HAPPY NEW YEAR!



Special Announcements

Trenton ISD

Breakfast 7:15-7:45

Second Breakfast

Middle School 9:33-9:47

High School 8:39-8:34



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Work Day</p>	<p>3</p> <p>Mini Pancakes w/Syrup Or Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>4</p> <p>Cinnamon Roll Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>5</p> <p>Breakfast Burrito w/Salsa Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>6</p> <p>Assorted Poptarts Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>
<p>9</p> <p>Breakfast Pizza Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>10</p> <p>Mini Pancakes w/Syrup Or Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>11</p> <p>Cinnamon Roll Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>12</p> <p>Breakfast Burrito w/Salsa Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>13</p> <p>Assorted Poptarts Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>
<p>16</p> <p>HOLIDAY</p>	<p>17</p> <p>Mini Pancakes w/Syrup Or Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>18</p> <p>Cinnamon Roll Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>19</p> <p>Breakfast Burrito w/Salsa Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>20</p> <p>Assorted Poptarts Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>
<p>23</p> <p>Breakfast Pizza Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>24</p> <p>Mini Pancakes w/Syrup Or Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>25</p> <p>Cinnamon Roll Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>26</p> <p>Breakfast Burrito w/Salsa Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>	<p>27</p> <p>Assorted Poptarts Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>
<p>30</p> <p>Breakfast Pizza Or Cereal w/ Graham Crackers Fruit/Juice Milk</p>	<p>31</p> <p>Mini Pancakes w/Syrup Or Jumbo Muffin Cereal w/ Graham Crackers Fruit/Fruit Juice Milk</p>		<p>Good Eats At:</p> <p>TISD is an equal Opportunity Provider Payments can be made at: Myschoolbucks.com</p>	

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

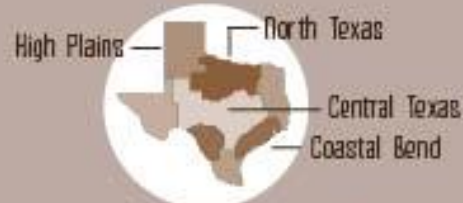
MESSAGE DECODER

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: PLEASE Get a flu vaccine on with M&M!
J&E: PLEASE It's pasture bedtime.