

January 2015

*Score* **BIG**  
with a **HEALTHY TEXAS MEAL**

*Texas Scores Big!* What is orange on the outside, red on the inside and was designated the official state fruit of Texas in 1993? **The Texas Ruby Red Grapefruit!** It was discovered on a farm in McAllen, Texas in 1929.



Monday

Tuesday

Wednesday

Thursday

Friday

*Kids*, as mentioned last month, it's citrus season! This month, try grapefruit. Did you know freshly squeezed grapefruit juice, stored covered in the refrigerator, will retain 98% of its vitamin C for up to a week. **That is one healthy drink!**



*Good Eats at*

CANADIAN ISD  
BREAKFAST MENU

*Special Announcements*

**Variety of:**  
Variety of 100% Fruit Juice k-12  
Variety of low fat and 1% Milk **Offered Daily**



TEXAS DEPARTMENT OF AGRICULTURE

FRENCH TOAST STICK  
BACON

OR

CEREAL VARIETY W/  
TOAST

DICED PEAS

5

BISCUIT W/ GRAVY  
TURKEY SAUSAGE

OR

CEREAL VARIETY  
W/ CINNAMON TOAST  
SLICED PEACHES

6

CINNAMON ROLLS

OR

CEREAL VARIETY W/  
TOAST

PINEAPPLE TIDBITS

7

TEXAS TOAST  
SCRAMBLED EGGS  
OR

CEREAL VARIETY W/  
TOAST  
MIXED FRUIT

8

OATMEAL W/  
CINNAMON TOAST

OR

CEREAL VARIETY W/  
TOAST

APPLESAUCE

12

BISCUIT AND GRAVY  
SCRAMBLED EGG

OR

CEREAL VARIETY  
W/ CINNAMON TOAST  
MANDRAIN ORANGES

13

BREAKFAST BURRITO

OR

CEREAL VARIETY W/  
TOAST

SLICED PEACHES

14

MUFFIN CHOICE  
W/ SAUSAGE

OR

CEREAL VARIETY W/ TOAST

DICED PEARS

15

BREAKFAST PIZZA

OR

CEREAL VARIETY W/  
TOAST

MIXED FRUIT

16

MINI BLUEBERRY  
WAFFLES

OR

CEREAL VARIETY W/  
TOAST

HOT CINNAMON APPLES

19

BISCUITS W/ GRAVY  
TURKEY SAUSAGE

OR

CEREAL VARIETY  
W/ CINNAMON TOAST  
MIXED FRUIT

20

CHEESY EGGS

OR

CEREAL VARIETY W/  
TOAST

DICED PEARS

21

BREAKFAST CLUB

OR

CEREAL VARIETY W/ TOAST  
PINEAPPLE TIDBITS

22

BREAKFAST PIZZA

OR

CEREAL VARIETY  
W/ CINNAMON TOAST  
SLICED PEACHES

23

PANCAKE SAUSAGE ON  
A STICK

OR

CEREAL VARIETY W/  
TOAST

STRAWBERRY CUP

26

BISCUIT W/ GRAVY  
SCRAMBLED EGGS

OR

CEREAL VARIETY  
W/ CINNAMON TOAST  
MANDRAIN ORANGES

27

CINNAMON ROLL  
BACON

OR

CEREAL VARIETY W/  
TOAST

FRESH GRAPES

28

BREAKFAST BURRITO

OR

CEREAL VARIETY W/ TOAST

SLICED PEACHES

29

BREAKFAST PIZZA

OR

CEREAL VARIETY  
W/ CINNAMON TOAST

DICED PEARS

30

*"Texas Grapefruit Sunriser  
Smoothie" Recipe*

- 2 Texas Red Grapefruits
- 8 large strawberries
- 2 ripe bananas
- 8 ounces strawberry-banana yogurt
- 2 tablespoons honey
- 1 cup crushed ice



For mixing directions visit [texasweet.com](http://texasweet.com) and click on recipes.