

JANUARY



HAPPY NEW YEAR!



Special Announcements

- 2-School Resumes
- 3-HSBB at Plains-5:00
- 6-HSBB (G) vs. Dawson-4:00
- HSBB (B) vs. Hermleigh-8:00
- 9-JHBB at Dawson-6:00
- HSBB vs. Loop-4:00
- 12-Board Meeting
- 13-HSBB at Sands-4:00
- 14-JHBB Tournament at KISD
- 16-JHBB at Loop-6:00
- 17-HSBB vs. Grady-4:00
- 18-21-Dawson County Jr. Livestock Show
- 20-HSBB at O'Donnell
- 23-JHBB vs. Sands-6:00
- 24-HSBB at Dawson-4:00
- 27-HSBB at Loop-4:00
- 30-Jan.3- Ft. Worth Stock Show
- 30-JHBB at Grady-6:00
- 31-HSBB vs. Sands-4:00



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Pancakes/Bacon or Breakfast Round/*Yogurt</p> <p><i>Corndogs & *Tots, *Baked Beans, Broccoli Bites, Apple-Pineapple D'Lite</i></p>	<p>3</p> <p>Sunrise Sandwich or PBJ</p> <p><i>*Nacho Grande, Refried Beans, Lettuce-*Tomato Garnish, *Salsa, Cucumber Dippers, *Tiny Tomato Cup, Seasonal Fruit, Lime/Raspberry Sherbet Cup</i></p>	<p>4</p> <p>Biscuit/Gravy/Scr. Eggs/Sausage or Lucky Charms/Toast</p> <p><i>Chicken Sandwich, Oven Fries, Fresh Veggie Cup, Lettuce-*Tomato Garnish, Mandarin Oranges</i></p>	<p>5</p> <p>Breakfast Burrito/*Hash Brown or *Choc. Chip Muffin/*Yogurt</p> <p><i>Salisbury Steak, Biscuit, Brown Gravy, Roasted Potatoes, Salad, Fruity Gelatin</i></p>	<p>6</p> <p>Oatmeal/Cinnamon Toast or PBJ</p> <p><i>Hot Dog or Chili Dog, *Corn Chips, *Baby Carrots, Crunchy Broccoli Salad, Fresh Grapes, Cookie</i></p>
<p>9</p> <p>Pancake Wrap/Yogurt or Apple Muffin Top/Yogurt</p> <p><i>Chicken Nuggets, Mashed Potatoes, Roll, Salad, Tuscan Vegetables, Seasonal Fruit</i></p>	<p>10</p> <p>Chicken-n-Biscuit or Breakfast Strudel/Ch. Stick</p> <p><i>Asian Bowl, Eggroll, *Baby Carrots, Steamed broccoli, Chilled Pineapples, *Sugar Cookie</i></p>	<p>11</p> <p>French Toast/Sausage or Breakfast Parfait</p> <p><i>Chicken Fajitas, Sp. Rice, Lettuce-*Tomato Garnish, Refried Beans, *Salsa,* Tiny Tomato Cup, Hot Cinnamon *Peaches</i></p>	<p>12</p> <p>Early Bird Sandwich or PBJ</p> <p><i>Chicken Parmesan, Salad, Breadsticks, *Green Beans, Apple Slices</i></p>	<p>13</p> <p>Dutch Waffle/Bacon or Honey Nut Cheerios/Toast</p> <p><i>Hamburger/Ch. Burger, *HB Garnish, Oven Fries, Fresh Veggie Cup,*Orange Smiles</i></p>
<p>16</p> <p>Breakfast Club or Breakfast Round/*Yogurt</p> <p><i>Steak Fingers, Gravy, *Roll, Mashed Potatoes, Carrot Coins, Strawberries/Bananas</i></p>	<p>17</p> <p>Breakfast Pizza or Breakfast Strudel/Ch. Stick</p> <p><i>Spaghetti Bowl/Meatballs, Breadsticks, Salad, Baked Okra, Sliced Peaches, Choc/Vanilla Pudding</i></p>	<p>18</p> <p>Biscuit/Scr. Eggs/Sausage or Banana Muffin/*Yogurt</p> <p><i>Mexican Combo Plate, Mexicali Corn Charro Beans, *Salsa, Lettuce-*Tomato Garnish, Cinn. Applesauce</i></p>	<p>19</p> <p>*Sausage Kolache/*Yogurt or Oatmeal Muffin Squ.*Yogurt</p> <p><i>Teriyaki Beef Sliders, Baked Potato Chips, Broccoli Bites, Tiny *Tomato Cup, *Orange Smiles</i></p>	<p>20</p> <p>Pancake/Sausage or Cornflakes/Toast</p> <p><i>Popcorn Chicken, *Roll, Oven Fries, Cucumber Dippers, Seasonal Fruit, Cookie</i></p>
<p>23</p> <p>Breakfast Burrito/*Hash Browns or \ Orange Muffin Top/Yogurt</p> <p><i>Texas Chicken Strip Basket, Carrot Coins, Apple Slices, Cookie</i></p>	<p>24</p> <p>Biscuit/Gravy/Scr. Eggs/Ham or PBJ</p> <p><i>Hot Ham & Cheese Pretzel Sandwich, *Tomato-Cucumber Cup, *Salad, Snowball Salad</i></p>	<p>25</p> <p>Cinnamon Roll/Sausage or Breakfast Parfait</p> <p><i>Pizza Choice, Broccoli Bites, *Baby Carrots, Mixed Fruit</i></p>	<p>26</p> <p>Sausage, Egg, Ch. Croissant or Golden Grahams/Toast</p> <p><i>BBQ on a Bun, Coleslaw, Pinto Beans, *Orange Smiles</i></p>	<p>27</p> <p>Waffles/Bacon or Choc. Chip Muffin Tops/Yogurt</p> <p><i>Philly Cheese Steak Sandwich, *Potato Rounds, Green Beans, Apple-Pineapple D'Lite</i></p>

30

Sausage Biscuit or Breakfast Rounds/*Yogurt

*Taquitos & Queso, Charro Beans, Salad, Hot Cinnamon *Peaches*

31

Pita Pocket Breakfast or Breakfast Strudel/Ch. Stick

**Chili Cheese Combo, Fresh Veggie Cup, *Cornbread, Seasonal Fruit, Choc/Vanilla Pudding*



Good Eats At:

Klondike Lunch & Breakfast Menu

A variety of *milks, juices & fruits offered daily with breakfast.
A variety of *milks & fruits offered daily with lunch.
This institution is an equal opportunity provider.

*=Texas Local Product

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: #RUB. Get a Maxine on with M&M. J&E. #RUB. It's pasture bedtime.