



JANUARY 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

Cathedral of Faith Christian School
www.cathedraloffithcs.org

Special Announcements

01-15 MLK Day – School Closed

01-30 Teacher Workday – School Closed



1

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Ravioli w/Meat Sauce
Texas Toast
Fruit Cocktail

8



15

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Hot Dog on W/G Bun
Baked Fries
Fresh Grapes

22

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Chic-fila w/g bun
Steamed Collards
Banana

29

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Fish-File on W/G Bun
Steamed Collards
Sliced Peaches

2

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WG Chicken Nuggets
Sweet Yams
Fresh Banana

9

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WG Pepperoni Pizza
Broccoli Florets
Apple Sauce Cup

16

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Tuna on W/G Bun
Steamed Carrots
Pineapple Tidbits

23



30

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Tuna on W/G Bun
Steamed Carrots
Pineapple Tidbits

3

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Pork BBQ on Bun
Baked Fries
Cole Slaw, Orange

10

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Cheeseburger on Bun
Mashed Potatoes
Strawberry Cup

17

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Pork BBQ on Bun
Baked Beans
Cole Slaw, Orange

24

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Breakfast for Lunch
Turkey Sausage/Eggs
WG French Toast
Baked Apples

31

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Hot Dog on W/G Bun
Baked Beans
Apple Sauce

4

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WG Corn Dog Nuggets
Sweet Collards
Sliced Apple

11

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Fish-File on W/G Bun
Steamed Collards
Sliced Peaches

18

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WG Corn Dog Nuggets
Green Beans
Sliced Peaches

25

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WG Pepperoni Pizza
Broccoli Florets
Sliced Peaches

5

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Chic-Fi-La on WG Bun
Baked Beans
Pineapple Tidbits

12

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
BREAKFAST FOR LUNCH
WG French Toast Sticks
Turkey Sausage
Baked Apples

19

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Fish Nuggets
Sweet Yams or Brown Rice
Fruit Cocktail

26

11

HAPPY NEW YEAR!

+200

+100

+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back!



LAUNCH PAD

RUBY RED GRAPEFRUIT GROWING REGION

Rio Grande Valley



FUN FACT

Grapefruit got its name from growing in bunches just like grapes.

Power UP!

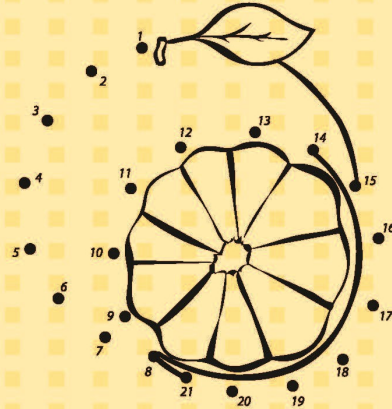
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



RUBY RED GRAPEFRUIT

I'm Ruby Red and I'm part of the Texas red grapefruit club. The Texas red grapefruit is the state fruit of Texas. I was found by accident growing on a pink grapefruit tree in the Rio Grande Valley of South Texas. Texas citrus fruits like me grow in places with lots of sunshine and soft ground like South Texas. My sisters Rio Star, Flame and I can be found in supermarkets year round, but we taste the best from December through April.

Connect the DOTS



Island Fun Pasta SALAD

INGREDIENTS

- 2 cups Pasta, whole grain, corkscrew
- 1 cup Romaine lettuce, shredded
 - 1 cup Grapefruit chunks, fresh or canned
 - ½ cup Mango, peeled, sliced
 - ½ cup Red Cabbage, Shredded
 - ½ cup Onions, chopped
 - 1 cup Yogurt, low-fat, plain or vanilla
 - Orange

PREPARATION

1. Cook pasta as directed on package. Drain.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, grapefruit, mango, cabbage and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Serving Suggestions:

This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

+200



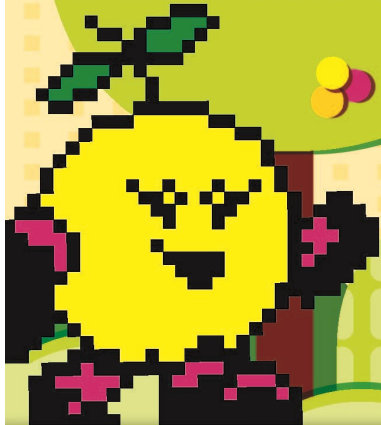
+100



+50

Q. Why did the grapefruit stop at the top of the hill?

A: Because it ran out of juice.



USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 6329992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410;
 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov.
- This institution is an equal opportunity provider