



# JANUARY 2018

MON TUE WED THUR FRI

**Good Eats at:**  
 All Saints Catholic School  
 2006 N. Houston  
 Fort Worth, TX 76164  
 www.ascsfw.org

**11**  
**HAPPY NEW YEAR!**

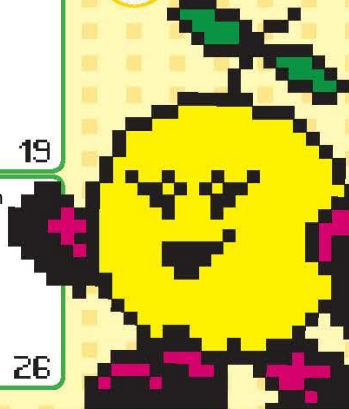
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**Special Announcements**

**LUNCH PRICES**  
 Reduced \$0.40  
 Student \$3.50  
 Adult \$4.00

**A LA CARTE PRICES**  
 Milk or Juice \$0.50  
 Ice Dog Slushie \$1.00

HAPPY NEW YEAR! <b>1</b>	CHRISTMAS BREAK NO SCHOOL <b>2</b>	CHRISTMAS BREAK NO SCHOOL <b>3</b>	CHRISTMAS BREAK NO SCHOOL <b>4</b>	CHRISTMAS BREAK NO SCHOOL <b>5</b>
Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Milk <b>8</b>	Pepperoni Pizza Tossed Salad Corn Cherry Tomatoes Fruit Milk <b>9</b>	Crispy Beef Taco Lettuce & Tomato Rice Pinto Beans Fruit Milks <b>10</b>	Lasagna Garlic Bread Stick w/ Marinara Sauce Garden Salad Fruit Milk <b>11</b>	NO LUNCH NOON DISMISSAL <b>12</b>
MLK DAY NO SCHOOL <b>15</b>	Super Nachos Refried Beans Spanish Rice Fruit Milk <b>16</b>	Cheese Breadsticks w/ Marinara Sauce Seasoned Corn Tossed Salad Fruit Milk <b>17</b>	BBQ Sandwich Creamy Cole Slaw Baked Beans Fruit Milk <b>18</b>	Rock and Roll Beef Wrap Steamed Carrots Fruit Milk <b>19</b>
Chicken Pasta Garlic Bread Tossed Salad Seasoned Peas Fruit Milk <b>22</b>	Hamburger on WG Bun Lettuce & Tomato Oven Fries Fruit Milk <b>23</b>	Beef & Noodles Mashed Potatoes Green Beans Fruit Milk <b>24</b>	Chicken Patty Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Fruit & Milk <b>25</b>	Chicken Sandwich Roasted Red Potatoes Peas Fruit & Milk <b>26</b>
Beef & Bean Burrito Tomato Salsa Romaine & Tomato Mexican Corn Fruit Milk <b>29</b>	Spaghetti w/ meat sauce Garden Salad Corn Fruit Milk <b>30</b>	Popcorn Chicken Fresh Snow Peas Baked Beans Fruit Milk <b>31</b>		



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!

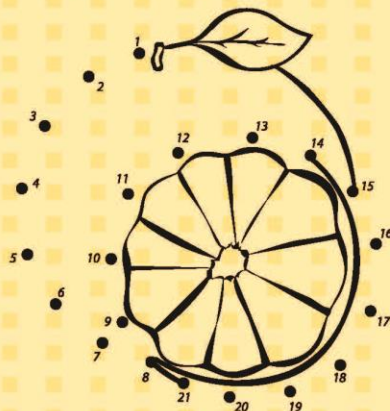
A grapefruit has lots of vitamins A and C, so eating a ruby red grapefruit or drinking its juice helps keep your skin and your eyes healthy, and helps protect your body from getting a cold or the flu.



# 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](http://www.whatscooking.fns.usda.gov)*

# Joke of the MONTH

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

A: Because it ran out of juice.

+200



+100



+50

