








Red Clay Café Special Event Calendar

Check out Red Clay Café's Special Event Calendar!

Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!

Follow us @RedClayCafe on Facebook, Twitter & Instagram!

February is National Citrus Month!

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 SUPER BOWL PARTY! 
4 National Homemade Soup Day 	5 CHINESE NEW YEAR CELEBRATION 	6	7	8
11	12 Valentines Day Celebration! 	13	14 Valentines Day 	15 NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT
18 NO SCHOOL TODAY PRESIDENT'S DAY	19	20	21 Pancake Day 	22
25	26	27 Strawberry Day 	28	1

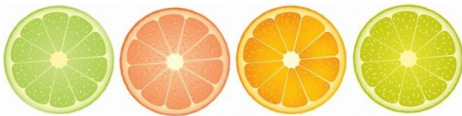
Citrus Month



What is a Citrus Fruit?

A type of flowering tree or shrub in the rue family.

Plants in this family produce citrus fruits like oranges, lemons, limes and grapefruit.



Citrus Nutrition Facts

Citrus fruits are an excellent source of Vitamin C. In fact, one orange has the recommended amount of Vitamin C for a day! Citrus fruits are also good sources of vitamins, minerals, antioxidants and fiber.



Joker's Corner

Why do oranges wear suntan lotion?

Answer: Because they peel!

Citrus Smoothie

https://www.vitamix.com/us/en_us/recipes/citrus-smoothie

Ingredients:

1 Orange, Peeled and Halved

1/4 Lemon, Peeled and Seeded

1/2 C Pineapple, Cubed

1/4 C. Mango, Frozen and Cubed

1 C. Ice Cubes

Directions:

Place all ingredients into a high powered blender or food processor in the order listed above. Secure lid and slowly increase speed. Blend until desired consistency is reached.



Facts about Citrus

- Christopher Columbus brought the first Citrus fruits to North America.
- There are over 600 varieties of oranges in the world.
- 70-Percent of America's citrus comes from Florida.
- Around 85% of all oranges produced are used for juice.
- The orange is a citrus fruit that is a hybrid between a pomelo and Mandarin!



Produce Tips:

When shopping for citrus fruits, look for clear and blemish free rinds and fruit with a finely textured peel verses a thick heavily dimpled peel. The rind should be evenly firm around the entire fruit. Choose citrus that feels heavy for its size and that smells sweet.