

FEBRUARY 2017

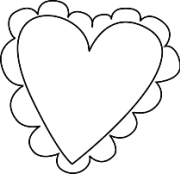
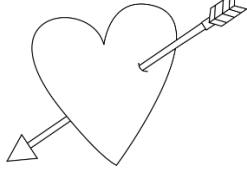
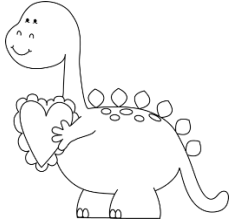
A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

Hello



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Biscuit, Egg, Sausage	2. Kolache and Yogurt	3. Breakfast Club
	<i>Happy Valentine's Day</i>	Mexican Combo Plate Corn, Beans Garnish Applesauce Milk Variety	Teriyaki Beef Sliders Chips Broccoli, Tomato Cup Apricots Milk Variety	Sloppy Joe Sandwich Oven Fries, Cucumbers Fruit Cookie Milk Variety
6. Waffles and Bacon	7. Biscuit, Ham and Egg	8. Cinnamon Roll	9. Sausage Egg Sandwich	10. Breakfast Burrito
Pizza Choice Broccoli Baby Carrots Mixed Fruit Milk Variety	Asian Bowl, Eggroll Tomato-Cucumber Cup Garden Salad Snowball Salad Milk Variety	Texas Basket Carrot Coins Apple Slices Cookie Milk Variety	Fish Strips Texas Toast Coleslaw, Pinto Beans Orange Smiles Milk Variety	Screamin' Eagle Chicken Bowl Gravy, Roll, Green Beans Pineapple Tidbits Milk Variety
13	14. Breakfast Boat	15. Chicken n Waffles	16. Stuffed Bagel	17. Dutch Waffles
No School	Chili Cheese Combo Veggie Cup Seasonal Fruit Choc/Vanilla Pudding Milk Variety	Fiesta Bowl Garden Salad Tomato Cup Fruit Cup Milk Variety	Chicken Nuggets Mac & Cheese Green Beans, Broccoli Apple Slices Milk Variety	Hamburger/Cheeseburger Garnish Oven Fries, Carrots Sliced Peaches Cereal Treat Milk Variety
20. Sausage Kolache	21. Cheese Omelet	22. Breakfast Pizza	23. Waffles & Sausage	24. Cinnamon Roll
Turkey, Gravy, Roll Mashed Potatoes Green Beans Strawberry Cup Milk Variety	Enchiladas, Salsa Cucumbers Refried Beans Garnish Applesauce Milk Variety	Pizza Choice Garden Salad Vegetable Medley Orange Smiles Milk Variety	Soft Tacos, Salsa Baby Carrots Corn, Garnish Peaches Cookie Milk Variety	Hamburger/Cheeseburger Garnish Coleslaw Sweet Potato Fries Apple Slices Milk Variety
27. Pancakes & Bacon	28. Sunrise Sandwich			This institution is an equal opportunity provider.
Stuffed Baked Potato Roll, Baked Beans Broccoli Pineapple Tidbits Milk Variety	Grilled Cheese Sandwich Soup, Tomato Cup Cucumbers, Pears Lime Sherbet Cup Milk Variety			We offer daily: Breakfast – Juice, Milk, Water Lunch – Milk, Water, Fruit (additional fruit choices offered for 9 th -12 th)

Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June

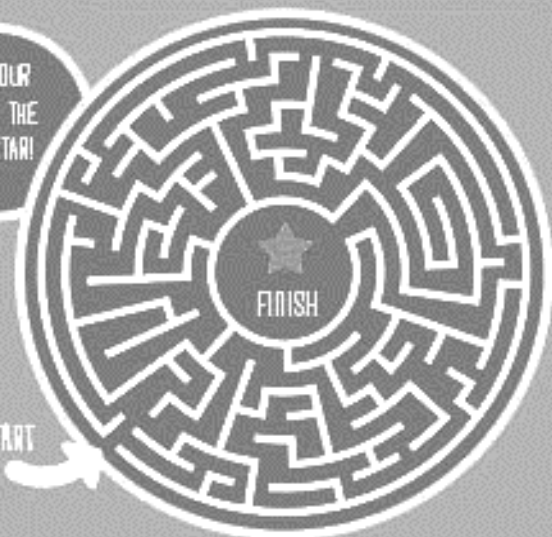


Fun Fact

Blackberries, unlike raspberries have a solid center when they are pulled off the "cane".

FIND YOUR WAY TO THE GOLD STAR!

START



Joke of the Month

Q. What do you call a sad berry?
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.

Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: SquareMeals.org/SeasonalityWheel

