

MARCH 2017

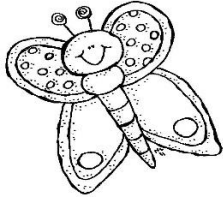
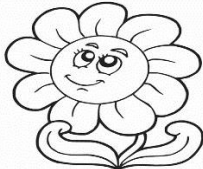
Special Announcements

Texas Public School Week

Mon., March 6 - PPCD, PK, KA, KB
 Tues., March 7 - 1A, 1B, 2A, 2B
 Wed., March 8 - 3A, 3B
 Thurs., March 9 - 4A, 4B, 5A, 5B

HAVE A FUN AND SAFE SPRING BREAK



Monday	Tuesday	Wednesday	Thursday	Friday
		1. Biscuit, sausage, egg	2. Oatmeal, toast	3. Breakfast Burrito
		X-treme Burrito Corn, Veggie Cup Garnish Mandarin Oranges Milk Variety	Salisbury Steak Biscuit Gravy Roasted Potatoes Garden Salad Fruit Gelatin Milk Variety	Hot Dog, Corn Chips Baby Carrots Crunchy Broccoli Salad Fresh Grapes Cookie Milk Variety
6. Pancake Wrap	7. Chicken, Biscuit	8. French Toast	9. Breakfast Pizza	10. Dutch Waffles
Chicken Nuggets Mashed Potatoes Roll Garden Salad Tuscan Vegetables Fruit Milk Variety	Asian Bowl, Eggroll Carrots Steamed Broccoli Pineapple, Cookie Milk Variety	Chicken Fajitas Garnish Refried Beans Salsa Tomato Cup Hot Cinnamon Apples Milk Variety	Pig-in-a-Blanket Oven Fries Veggie Cup Orange Smiles Milk Variety	Chicken Parmesan Garden Salad Breadstick Coleslaw Green Beans Apple Slices Milk Variety
13.	14	15	16	17.
NO SCHOOL	SPRING	BREAK	NO SCHOOL	We offer juice, water, and milk daily for breakfast and lunch.
20. Waffles, bacon	21. Biscuit, egg, gravy	22. Cinnamon Roll	23. Pretzel Sandwich	24. Breakfast Burrito
Pizza Choice Broccoli Bites Baby Carrots Fruit Milk Variety	Hot Ham & Cheese Pretzel Sandwich Tomato- Cucumber Garden Salad Snowball Salad Milk Variety	Texas Basket Carrot Coins Apple Slices Cookie Milk Variety	BBQ on a Bun Coleslaw, Pinto Beans Fruit Milk Variety	Mascot Chicken Bowl Savory Green Beans Pineapple Milk Variety
27. Sausage Biscuit	28. Breakfast Boat	29. Chicken, waffles	30. Stuffed Bagel	31. Dutch Waffles
Enchiladas Seasoned Beans Garden Salad Hot Cinnamon Apples Milk Variety	Meatball Sub Sandwich Potato Rounds Veggie Cup, Fruit Pudding Milk variety	Fiesta Bowl Garden Salad Tomato Cup Fruit Cup Milk Variety	Chicken Nuggets Mac and Cheese Green Beans, Broccoli Apple Slices Milk Variety	Corn Dog Oven Fries Baby Carrots, Peaches Crispy Cereal Treat Milk Variety

Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



Joke of the Month

Q. What vegetable might you find in your basement?
see answer below.



— High Plains

— East Texas

— Rio Grande Valley

Growing Regions

Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

