

MARCH

Special Announcements

Breakfast Menu:

- *Cereal offered daily along with fruit and milk options
- *Monday – Breakfast Pizza or French Toast Sticks
- *Tuesday – Pancake Sausage on Stick or Brown Sugar Oatmeal
- *Wednesday – Cinnamon Roll or Pancake
- *Thursday – Waffles or Assorted Muffins
- *Friday – Breakfast Bowl or Glazed Donut

Breakfast Prices:

Students \$1.40 Adults \$2.00

Lunch Prices:

Students \$2.15 Adults \$3.25



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CREATE & ENTER!
VISIT SQUAREMEALS.ORG/ARTCONTEST
FOR MORE DETAILS.

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

We are now offering Munchables a few times a week which include yogurt, string cheese, veggies w/ ranch dip, fruit, crackers, and milk options

1 Tuna Sandwich or
Chicken Tornado
Roasted Potatoes
Cinnamon Carrots
Sliced Pears

2 Chicken Fajitas or
Baked Potato w/ sides
Pinto Beans
Mixed Vegetables
Mandarin Oranges

3 Cheese Pizza or
Catfish Strips
Tater Tots
Side Salad w/ Dressing
Pineapple Tidbits

6 Chicken Spaghetti or
Chicken Nuggets
Cherry Tomatoes
Green Beans
Cinnamon Apples

7 Chicken Quesadilla or
Hamburger
Refried Beans
Cinnamon Carrots
Fruit Slush

8 Sloppy Joe on Bun or
Chicken Tornado
Potato Salad
Broccoli w/ Cheese
Sliced Peaches

9 Chilli & Rice or
Baked Potato w/ sides
Pinto Beans
Roasted Squash
Pineapple Tidbits

10 Pepperoni Pizza or
Catfish Strips
French Fries
Marinated Cucumbers
Tropical Fruit

SCHOOL BREAKFAST WEEK

13 Spring Break

14 Spring Break

15 Spring Break

16 Spring Break

17 Spring Break

20 Deli Sandwich or
Chicken Nuggets
Carrot & Celery Sticks
Mixed Vegetables
Sliced Pears

21 Burrito or
Hamburger
Pinto Beans
Seasoned Corn
Fruit Slush

22 Spaghetti or
Chicken Tornado
Roasted Squash
Green Beans
Tropical Fruit

23 Mini Corn Dogs or
Baked Potato w/ sides
French Fries
Side Salad w/ Dressing
Fresh Fruit

24 Hamburger Pizza or
Catfish Strips
Tater Tots
Celery Sticks
Banana

27 Sliced Ham or
Chicken Nuggets
Mac & Cheese
Scalloped Potatoes
Green Beans
Sliced Peaches

28 Country Fried Steak or
Hamburger
Mashed Pot w/ Gravy
Glazed Carrots
Mandarin Oranges

29 BBQ Sandwich or
Chicken Tornado
Baked Beans
French Fries
Fresh Fruit

30 Beef Nachos or
Baked Potato w/ sides
Seasoned Corn
Green Beans
Pineapple Tidbits

31 Cheese Pizza or
Catfish Strips
Tater Tots
Side Salad w/ Dressing
Tropical Fruit
Birthday Cake

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!

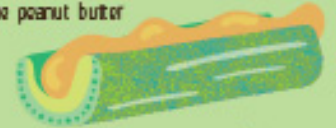
Step 1:

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

