

FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

EVERYDAY AT BREAKFAST ASSORTED FRUITS & JUICES WILL BE OFFERED. ALSO AN OPTION OF CEREAL & TOAST

AT BREAKFAST & LUNCH A VARIETY OF MILK & FRUIT WILL BE OFFERED

EVERYDAY THERE WILL BE AN ALTERNATE MEAL OFFERED OF PB & JELLY SANDWICH OR A LUNCHABLE



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER RIC MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast Week is next Month!

1 KOLACHES
CHICKEN CRISPITOS
REFRIED BEANS
SPANISH RICE

2 DONUTS
PIZZA
WK CORN
RAW BROCCOLI,
CARROTS, OR
CELERY

3 PANCAKE ON A STICK
CF STEAK SANDWICH
SALAD CUP
POTATO WEDGES

6 OATMEAL
HOTDOGS WITH
CHILI
TATER TOTS
RAW BROCCOLI,
CARROTS OR
CELERY

7 PB & JELLY
CHICKEN STRIPS
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL

8 SCRAMBLED EGGS & TOAST
BEEF & CHEESE
NACHOS
PINTO BEANS
WK CORN

9 CINNAMON STICK
SPAGHETTI WITH
MEAT SAUCE
BLACK-EYED PEAS
CHEESE STICK

10 SAUSAGE BISCUITS
BEEF VEG. SOUP
GRILLED CHEESE

WINTER BREAK

VALENTINE'S DAY

STUDENT HOLIDAY

21 MUFFINS
PIZZA POCKETS
WK CORN
STEAMED BROCCOLI

22 BREAKFAST PIZZA
BURRITOS WITH CHILI
& CHEESE
PINTO BEANS

23 MINI PANCAKES
CF STEAK
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL

24 PANCAKE ON A STICK
HAMBURGERS
SALAD CUP
WEDGE FRIES

27 POP TARTS
FRITO PIE
PINTO BEANS
RAW BROCCOLI,
CARROTS, OR CELERY

28 POP TARTS
CF PORK CHOP
GREEN BEANS
MASHED POTATOES &
GRAVY
ROLL

Good Eats At:
DAILY SNACK BAR INCLUDES: PIZZA OR CORNDOG FOR \$3.50 OR SALAD FOR \$4.00
THESE ITEMS MUST BE ORDERED & PAID FOR IN THE MORNING

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'.

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](https://www.squaremeals.org/SeasonalityWheel)



Activities

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.