

MARCH



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 Sid Miller

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

**DAILY SNACK BAR INCLUDES:
PIZZA OR CORNDOGS FOR \$3.50
OR SALAD FOR \$4.00 THESE ITEMS
MUST BE ORDERED & PAID FOR IN
THE MORNING**

1 KOLACHES
PB&JELLY
SANDWICHES
CARROT STICKS

**EARLY
RELEASE AT
12:30**

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

**3 SAUSAGE
BISCUITS**
HAM & CHEESE
CROISSANT
SALAD CUP
ONION RINGS

**6 BREAKFAST
PIZZA**
CHICKEN RINGS
RANCHSTYLE
BEANS
MAC & CHEESE

7 PB & JELLY
CF STEAK
GREEN BEANS
MASHED POTATOES
& GRAVY
ROLLS

**8 SCRAMBLED
EGGS & TOAST**
TAMALES
REFRIED BEANS
SPANISH RICE

9 MUFFINS
CHICKEN
SPAGHETTI
BLACK-EYED PEAS
RAW BROCCOLI,
CARROTS, OR
CELERY

**10 PANCAKE ON A
STICK**
HAMBURGERS
SALAD CUP
POTATO WEDGES

SCHOOL BREAKFAST WEEK

13 POPTARTS
CORNDOGS
RANCHSTYLE BEANS
STEAMED BROCCOLI

14 FRENCH TOAST
CHICKEN STRIPS
GREEN BEANS
MASHED POTATOES
& GRAVY
ROLL

**15 OATMEAL &
TOAST**
TACO SALAD
PINTO BEANS

**16 CINNAMON
ROLLS**
PIZZA POCKETS
WK CORN
RAW BROCCOLI,
CARROTS, OR
CELERY

**17 SAUSAGE
BISCUITS**
CHICKEN
SANDWICHES
SALAD CUP
ONION RINGS

**20 BREAKFAST
PIZZA**
HAMBURGER MAC
RANCHSTYLE BEANS
STEAMED BROCCOLI

21 PB & JELLY
CF PORKCHOP
GREEN BEANS
LOADED POTATOES
& GRAVY
ROLL

**22 SCRAMBLED
EGGS & TOAST**
CHICKEN FAJITAS
REFRIED BEANS
SPANISH RICE

23 MUFFINS
SPAGHETTI WITH
MEAT SAUCE
BLACK-EYED PEAS
RAW BROCCOLI,
CARROTS, OR CELERY
CHEESE STICKS

**24 PANCAKE ON A
STICK**
HAMBURGERS
SALAD CUP
FRENCH FRIES

27 OATMEAL
FRITO PIE
PINTO BEANS
RAW BROCCOLI,
CARROTS, OR
CELERY

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

29 KOLACHES
CHICKEN CRISPITO
REFRIED BEANS
SPANISH RICE

**30 CINNAMON
STICKS**
PIZZA
WK CORN
RAW BROCCOLI,
CARROTS, OR
CELERY

**31 SAUSAGE
BISCUITS**
BEEF VEG SOUP
GRILLED CHEESE

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

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!



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.

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

