

FEBRUARY



A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

Daily Offerings: 1% Plain, FF Chocolate Milk and Fruit

Menu Subject To Change



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>YEE-HAW! School Breakfast Week is next Month!</p> | | <p>1 Donut OR Cereal Pop Tart</p> | <p>2 Breakfast Pizza OR Cereal Pop Tart</p> | <p>3 Biscuit Chick Patty OR Cereal Pop Tart / Jelly</p> |
| <p>6 Pancakes OR Cereal Pop Tart Syrup</p> | <p>7 Eggstravaganza Toast OR Cereal Toast / Jelly</p> | <p>8 Chocolate Muffin OR Cereal Pop Tart</p> | <p>9 French Toast Sticks OR Cereal Pop Tart Syrup</p> | <p>10 Biscuit Sausage OR Cereal Pop Tart / Jelly</p> |
| <p>13 Egg Patty Toast OR Cereal Toast / Jelly</p> | <p>14 Waffles OR Cereal/Pop Tart Syrup</p> <p>VALENTINES DAY</p> | <p>15 Donut OR Cereal Pop Tart</p> | <p>16 Breakfast Pizza OR Cereal Pop Tart</p> | <p>17 Biscuit Chick Patty OR Cereal Pop Tart / Jelly</p> |
| <p>20 Staff Development</p> | <p>21 Eggstravaganza Toast OR Cereal Toast/ Jelly</p> | <p>22 Chocolate Muffin OR Cereal Pop Tart</p> | <p>23 French Toast Sticks/ Syrup OR Cereal Pop Tart</p> | <p>24 Biscuit Sausage OR Cereal Pop Tart/ Jelly</p> |
| <p>27 Egg Patty Toast OR Cereal Toast / Jelly</p> | <p>28 Waffles OR Cereal Pop Tart Syrup</p> | | <p>Good Eats At: Tioga ISD Breakfast PK -12</p> | |

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.