

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

YEE-HAW!

School Breakfast
Week is next Month!

1 Chick Nuggets OR
Chick Fried Steak
Mashed Potatoes
Green Peas
WG Roll
WG Cookie

2 Burrito/Chili OR
Corn Dog
Pinto Beans
Carrots Baby
Spanish Rice
FF Ranch

3 Hamburger OR
Chick Sandwich
Let/Tom/Pick Cup
Curly Fries
Ket/Mayo/Mustard

6 Cheese OR
Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

7 Zesty Orange
Chick OR Hot Dog
WG Rice
Stir Fry Vegetables
Broccoli
Fortune Cookie

8 Chick Tenders
OR Steak Fingers
Mashed Potatoes
Green Beans
WG Roll
WG Cookie

9 Crisпитos/Cheese
OR Corn Dog
Carrots Baby
Refried Beans
Spanish Rice
FF Ranch

10 Cheeseburger OR
Meatball Sub
Chili Beans
Let/Tom/Pick Cup
Sun Chips
Ket/Mayo/Mustard

13 Cheese OR
Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

14 Sweet & Sour Chick
OR Hot Dog
WG Rice
Veg Egg Roll
Broccoli

VALENTINES DAY

15 Chick Drumstick
OR Chick Fried Steak
Mashed Potatoes
Green Peas
WG Roll
WG Cookie

16 Chick Fajita Nachos
OR Corn Dog
Pinto Beans
Carrots Baby
Spanish Rice
FF Ranch

17 Hamburger OR
Spicy Chick Sand
Curly Fries
Let/Tom/Pickle Cup
Ket/Mayo/Mustard

20 Staff
Development

21 Spaghetti/Meat
Sauce OR Hot Dog
Mixed Vegetables
Broccoli
Garlic Breadsticks

22 Pop Corn Chick OR
Steak Fingers
Mashed Potatoes
Green Beans
WG Roll
WG Cookie

23 Soft Beef Tacos
OR Corn Dog
Chili Beans
Let/Tom Salad
Carrots Baby
Spanish Rice

24 Cheeseburger OR
Grilled Cheese Sand
Pork & Beans
Let/Tom/Pickle Cup
Sun Chips
Ket/Must/mayo

25 Cheese OR
Pepperoni Pizza
Steamed Corn
Romaine Salad
FF Ranch

26 General TSO Chick
OR Hot Dog
WG Rice
Oriental Blend Veg
Broccoli
Fortune Cookie

Good Eats At:

Tioga ISD
Lunch 6-8

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'.

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.

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