

# FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



## Special Announcements

Daily Offerings: 1% Plain, FF  
 Chocolate Milk and Fruit  
 Monday – Pudding  
 Wed – Pudding  
 Thursday - Jello  
 Friday - Pudding

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/ Chili  
 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/Chili  
 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/Chili  
 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/Chili  
 WG Rice  
 Oriental Blend Veg  
 Broccoli  
 Fortune Cookie

**Good Eats At:**

Tioga ISD  
 Lunch 9-12

# 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.