

MARCH

Special Announcements

Daily Offerings: 1% Plain, FF
 Chocolate Milk and Fruit
 March 3rd: Breakfast with Mom
 March 9th: Breakfast with Dad
 Menu Subject To Change



FEED PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tioga ISD

1 Donut
OR
Cereal
Pop Tart

2 Breakfast Pizza
OR
Cereal
Pop Tart

3 Muffin
OR
Cereal
Pop Tart

6 Pancakes
OR
Cereal
Pop Tart
Syrup

7 Eggstravaganza
Toast
OR
Cereal / Toast
Jelly

8 Yogurt Parfait
Cup
OR
Cereal
Pop Tart

9 Donut
OR
Cereal
Pop Tart

10 Oatmeal
Toast/Jelly
OR
Cereal
Toast/Jelly

SCHOOL BREAKFAST WEEK

13 Spring Break

14 Spring Break

15 Spring Break

16 Spring Break

17 Spring Break

20 Egg Patty
Toast
OR
Cereal
Toast
Jelly

21 Waffles
OR
Cereal
Pop Tart
Syrup

22 Donut
OR
Cereal
Pop Tart

23 Breakfast Pizza
OR
Cereal
Pop Tart

24 Biscuit
Chick Patty
OR
Cereal
Pop Tart
Jelly / Gravy

27 Pancakes
OR
Cereal
Pop Tart
Syrup

28 Eggstravaganza
Toast
OR
Cereal
Toast
Jelly

29 Chocolate
Muffin
OR
Cereal
Pop tart

30 French Toast
Sticks
OR
Cereal
Pop Tart
Syrup

31 Biscuit
Sausage
OR
Cereal
Pop Tart
Jelly / Gravy

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

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.

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!

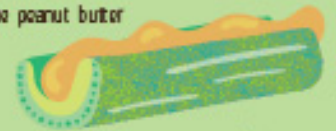
Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



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

