

MARCH

Special Announcements

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

Menu Subject To Change

YOU ART WHAT YOU EAT ART CONTEST
CREATE & ENTER!
VISIT SQUAREMEALS.ORG/ARTCONTEST
FOR MORE DETAILS.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tioga ISD
Lunch 6-8

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

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

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

6 Cheese OR
Pepperoni Pizza
Corn
Steamed Broccoli

7 Zesty Orange Chick
OR Hot Dog
WG Rice
Stir Fry Vegetables
Romaine Salad/Ranch
Fortune Cookie

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

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

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

SCHOOL BREAKFAST WEEK

13 Spring
Break

14 Spring
Break

15 Spring
Break

16 Spring
Break

17 Spring
Break

20 Cheese OR
Pepperoni Pizza
Corn
Steamed Broccoli

21 Sweet & Sour
Chick OR Hot Dog
WG Rice
Veg Egg Roll
Romaine Salad
Fortune Cookie
FF Ranch

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

23 Chick Fajita Nachos
OR Corn Dog
Pinto Beans
Carrots
Spanish Rice

24 Hamburger OR
Spicy Chick Sand
Curly Fries
Let/Tom/Pick Cup
Ket/Mayo/Mustard

27 Cheese OR
Pepperoni Pizza
Corn
Steamed Broccoli

28 Spaghetti/Meat
sauce OR Hot Dog
Mixed Vegetables
Romaine Salad
Garlic Breadstick
FF Ranch

29 Pop Corn Chick
OR Steak Fingers
Mashed Potatoes
Green Beans
WG Roll
WG cookie

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

31 Cheeseburger OR
Grilled Cheese Sand
Pork & Beans
Let/Tom/Pick Cup
Sun Chips
Ket/Mayo/Mustard

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!

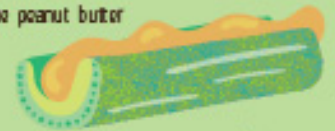
Step 1:

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

