

MARCH

Special Announcements

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

Menu Subject To Change



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

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tioga ISD
 Lunch 9-12

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/Chili
 WG Rice
 Stir Fry Vegetables
 Romaine Salad/Ranch
 Fortune Cookie
 FF Ranch

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/Chili
 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/Chili
 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!

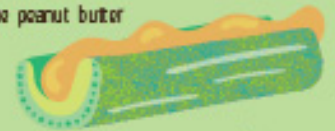
Step 1:

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

