

# MARCH

## Special Announcements

Daily Offerings: 1% Plain, FF Chocolate Milk and Fruit  
 Tuesday FL: Hot Dog, Broccoli, Cucumber Slices, Ketchup, Ranch, Slushy and Fortune Cookie  
 Thurs FL: Corn Dog, Carrots, Celery Sticks, Sun Chips, Ketchup, Ranch and Slushy  
 Menu Subject To Change



YOU ART WHAT YOU EAT ART CONTEST  
 CREATE & ENTER!  
 VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST)  
 FOR MORE DETAILS.

FEED PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Tioga ISD  
 Lunch PK - 5

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

2 Burrito/Chili Sauce  
 OR  
 FL 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 FL 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 FL 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 FL Hot Dog  
 WG Rice  
 Veg Egg Roll  
 Romaine Salad  
 Fortune Cookie

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

23 Chick Fajita Nachos  
 OR FL 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 FL 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 FL 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!

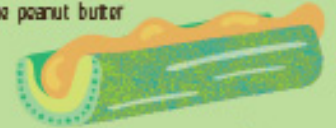
### Step 1:

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](http://SquareMeals.org/SeasonalityWheel)

