

FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

100% Juice and Choice of Milk Is Served with Breakfast

Breakfast is also served with a choice of whole fruit

Choice of Milk is served with Lunch

Salad Bar 6-12 will be served with required food items to meet USDA nutritional standards

Menu is Subject to Change



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast Week is next Month!

6 French Toast or Cereal
Meatball Sub
Baked Chips
Fresh Veggie Dippers
Fresh Fruit
Yogurt

7 Ham/Egg/Cheese Scramble & Hashbrown or Cereal
Hamburger Steak/Roll
Mashed Potatoes
Peas & Carrots
Peaches & Cream

1 Pancakes & Sausage or Cereal
Fish Nuggets
Hushpuppies
Green Beans
Sliced Cucumbers
Peaches

2 Pancake Pups or Cereal
French bread Pizza
Spring Mix Salad
Seasoned Corn
Fresh Veggies
Fresh Fruit

3 Breakfast Pastries or Cereal
Corn Dogs
Fresh Broccoli Mix
Tater Tots
Orange Smiles
Cookies

13
Staff Development

14 Cherry Frudels or Cereal
Pepperoni/Sausage/Ham Calzone/Marinara Sauce
Mixed Fresh Greens
Seasoned Corn
Mixed Fruit

15 Cinnamon Rolls or Cereal
Hot Dogs w/Cheese
Baby Carrots
Cucumber Slices
Baked chips
Grapes

16 Biscuits & Gravy or Cereal
Popcorn Chicken/Roll
Ranch Beans
Potato Smiles
Tomato & Broccoli Mix
Tropical Fruit

17 Assorted Muffins or Cereal
Cheeseburgers
Burger Salad
Tater Tots
WG Brownie
Fruit

20 Berry Waffles or Cereal
Meatloaf
Honey Wheat Roll
Scalloped Potatoes
Green Beans
Fruit Salad

21 Breakfast Burrito or Cereal
Beef Nachos
Garden Salad
Refried Beans
Salsa
Pink Applesauce

22 Fruit Danish or Cereal
Cheese Ravioli w/Sauce
Garlic Bread
Fresh Veggie Mix
Carrot Coins
Pineapples D'Lite

23 Sausage Biscuit or Cereal
Peperoni Pizza
Garden Salad
Seasoned Corn
Fruit Mix
Cookie

24 Kolaches or Cereal
Ham & Cheese Hoagies
Baked Chips
Lettuce & Tomatoes
Baby Carrots
Orange Smiles/Yogurt

27 Ham/Egg & Cheese Combos or Cereal
Spaghetti & Meatballs
Garlic Toast
Garden Salad/Tomato Wedges
Seasoned Corn
Strawberry Fluff

28 Ham/Cheese Scrambled Eggs/Biscuit or Cereal
Breaded Chicken w/Gravy
Honey Wheat Roll
Twice Baked Potato
Ranch Beans
Fresh Fruit Mix

Good Eats At:

Hermleigh ISD

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.