

MARCH

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



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

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Hermleigh ISD

6 French Toast or Cereal
 Corndogs
 Baked Chips
 Cucumbers & Tomatoes
 Fresh Fruit
 Yogurt

7 Breakfast Kolache or Cereal
 Hamburger Steak
 Honey Wheat Rolls
 Mashed Potatoes
 Green Beans
 Cherry Crumble

8 Cinnamon Rolls or Cereal
 Cheese Enchiladas
 Refried Beans
 Spanish Rice
 Spring Mix Salad
 Pink Applesauce

9 Ham & Cheese Combo or Cereal
 Grilled Chicken Sandwich
 Lettuce & Tomatoes
 Baked Chips
 Cookie/Apple Slices

10 No School

SCHOOL BREAKFAST WEEK

13

SPRING BREAK

14

15

16

17

20 PB & J Uncrustables or Cereal
 Hot Dogs
 Ranch Style Beans
 Baked Chips
 Veggie Dippers
 Sliced Peaches

21 Berry Waffles or Cereal
 Fish Nuggets/Roll
 Macaroni & Cheese
 Green Beans
 Baby Carrots
 Mixed Fruit

22 Biscuits & Sausage Gravy or Cereal
 French Bread Pizza
 Seasoned Corn
 Garden Salad
 Pineapples
 Lime Sherbet

23 Egg and Cheese Croissant or Cereal
 BBQ Chicken Wings
 Honey Wheat Rolls
 Scalloped Potatoes
 Broccoli Salad
 Fresh Fruit Mix

24 Breakfast Pastry or Cereal
 Cheese burger
 Burger Salad
 Tater Tots
 Baby Carrots
 Fresh Fruit
 Cookie

27 Kolaches or Cereal
 Frito Pie
 Fresh Mix Vegetables
 Pinto Beans
 Orange Smiles
 Fruit Jello

28 Egg/Ham and Cheese Scramble w/Toast
 Chicken Spaghetti
 Garlic Bread
 Seasoned Corn
 Garden Salad
 Pineapple D'Lite

29 Fruit Danish or Cereal
 Soft Tacos
 Refried Beans
 Spring Mix Salad
 Chips & Salsa
 Fresh Fruit Mix

30 Breakfast on a Bun or Cereal
 Popcorn Chicken w/Gravy/ Rolls
 Broccoli and Cauliflower
 Roasted Potatoes
 Fruit Salad

31 Banana Muffin & Yogurt or Cereal
 Deli Sandwich
 Cucumbers & Tomatoes
 Baked Chips
 Fruit Slushie
 Apple Slices

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!

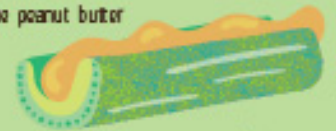
Step 1:

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

