

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

MARCH

**CELEBRATE SCHOOL
BREAKFAST WEEK
MARCH 7-11!**



MONDAY



Sausage Biscuit
Texas Basket
Charro Beans
Garden Salad
Hot Cinnamon Apples **1**

Dutch Waffles
Chili Cheese Combos
Potato Rounds
Fresh Veggie Cups
Fresh Fruit
Vanilla Pudding **2**

Breakfast Boat
Corn Dog
Oven Fries
Baby Carrots/Ranch
Sliced Peaches
Crispy Cereal TREAT **3**

Stuffed Bagel
Cheese Pizza
Garden Salad
Petite Tomato Cup
Fruit Cup **4**

Breakfast Pizza
Chili W/Cornbread
Broccoli Bites
Garden Salad
Orange Smiles **7**

Chicken-N-Waffles
Steak Fingers/Gravy
Baked Potato
Glazed Carrots
Roll
Strawberries&Bananas **8**

Breakfast Club
Cheese Pizza
Garden Salad
Tuscan Vegetables
Sliced Peaches
Chocolate Pudding **9**

Eggs/Sausage/Toast
Chicken Quesadilla
Mexicali Corn
Charro Beans
Salsa
Cinnamon Applesauce **10**

Sausage Kolache
W/Yogurt
Sloppy Joe Sandwich
Sweet Potato Waffle
Fries
Cucumber Dippers
Fresh Fruit/Cookie **11**



Waffles/Sausage
Cheeseburgers
Hamburger Garnish
Oven Fries
Garden Salad
Baby Carrots/Ranch
Mixed Fruit **21**

Scrambled Eggs/Biscuit
Hot Ham&Cheese on
Pretzel Bun
Tomato-Cucumber
Cup
Steamed Broccoli
Snowball Salad **22**

Cinnamon Roll/Bacon
Chicken Alfredo
Breadsticks
Garden Salad
Carrot Coins
Apple Slices/Cookie **23**

Sausage,Egg&Cheese
Pretzel Sandwich
Meatloaf
Mashes Potatoes
Green Beans
Roll
Apple-Pineapple **24**

Staff Development **25**

Pancake Wrap
RavioliW/Meat Sauce
Roll
Garden Salad
Fresh Veggie Cup
Fresh Seasonal Fruit **28**

Chicken Biscuit
Tex-Mex Stack
Spanish Rice
Refried Beans
Salsa
Petite Tomato Cup
Hot Cinnamon Apples **29**

French Toast
Cheese Pizza
Baby Carrots/Ranch
Steamed Broccoli
Chilled Pineapple
Cookie **30**

Breakfast Pocket
Pig In A Blanket
Oven Fries
Western Beans
Diced Pears **31**



GOOD EATS AT:

HERMLEIGH ISD



SPECIAL ANNOUNCEMENTS

Menu Is subject To Change served

100% Juice and choice of milk Served with breakfast. Breakfast is also served with a choice of whole fruit, Choice of milk is served with lunch.

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

Nutritional Standard



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S MARCH!

This month, celebrate School Breakfast Week in Texas by trying all the delicious, nutritious breakfast choices in your school cafeteria. Start every day with healthy foods from the Great Plate of Texas!



SUBJECT: School Breakfast

CATEGORY: The Five Basic Food Groups: Grains, Fruits, Vegetables, Protein and Dairy

GROWING REGIONS: Statewide

WHERE TO FIND IT: In the School Cafeteria

DISTINGUISHING CHARACTERISTICS:

Breakfast is the first meal of the day. A healthy breakfast should include a variety of foods from two or more of the five basic food groups.



WHAT TO KNOW:

Texas kids who eat a healthy breakfast can perform better in the classroom. It's one of the smartest things you can do to make the grade and feel great all day!



JOKE:

Q: What did Snow White call her chicken?

A: Egg White!



DID YOU KNOW?:

Some people call breakfast "the most important meal of the day" because it's the first meal you eat after sleeping for eight hours. Your body needs food, and breakfast is the perfect time to refuel!

COMING IN APRIL: FRUIT!



FUN FACT:

The first breakfast cereal was invented in 1863. It was called "Granula" and had to be soaked overnight just to be chewable!



EXPLORER'S NOTEBOOK:

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state. There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables and whole grains can all be part of a good breakfast—and they're all produced right here in Texas.

LOOK FOR THESE POSTERS HANGING IN YOUR SCHOOL CAFETERIA!

