



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

SCHOOL BREAKFAST WEEK
IS NEXT MONTH!
MARCH 5-9
squaremeals.org/sbw

+200
+100
+50

Good Eats at:
*La Vernia
Primary & Intermediate Campuses*

214

Valentine's Day

Cold Cereal/Cheese Stick or Pop Tarts Spaghetti 5	Cold Cereal/Yogurt or Breakfast Pizza Corn Dogs 6	Cold Cereal/Cheese Stick or Bean & Cheese Taco Personal Pan PIZZA 7	Cold Cereal/Yogurt or Breakfast Pizza Chicken Strips 1	Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage Fish Nuggets 2
Cold Cereal/Yogurt or Pancake on a Stick Nachos or PBJ w/ Chips 12	Cold Cereal/Cheese Stick or Breakfast Pizza Hot Dogs 13	Cold Cereal/Cheese Stick or Bacon/Egg Cheese Taco PIZZA Ice Cream Cup 14	Cold Cereal/Yogurt or Breakfast Pizza Popcorn Chicken 15	Cold Cereal/Cheese Stick or Cinnamon Rolls Chicken Patty on a Bun 16
President's Day Holiday 19	Cold Cereal/Yogurt or Breakfast Pizza Mexican Food 2 Different Entrees 20	Cold Cereal/Cheese Stick or Cheese Omelet PIZZA 21	Cold Cereal/Yogurt or Breakfast Pizza Chicken Strips 22	Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage Fish Nuggets 23
Cold Cereal/Cheese Stick or Pop Tarts Spaghetti 26	Cold Cereal/Yogurt or Breakfast Pizza Corn Dogs 27	Cold Cereal/Cheese Stick or Bean & Cheese Taco Personal Pan PIZZA 28		

Special Announcements

MEAL PRICES:
Breakfast - Student Full Price \$1.75
Reduced \$0.30
Adult \$2.25
Lunch - Student Full Price \$2.35
Reduced \$0.40
Adult \$3.50
Prices Are Subject To Change

EXTRAS:
Hot Breakfast Entrée - \$1.35
Cold Breakfast Entrée - \$1.00
Hot Lunch Entrée - \$1.75
Fruit/Vegetable - \$0.75
Snacks/Milk/Bread - \$0.60 to \$1.00
Large Bottled Drink - \$1.00
Small Bottled Water - \$0.35

Extras are available on first come first serve basis.

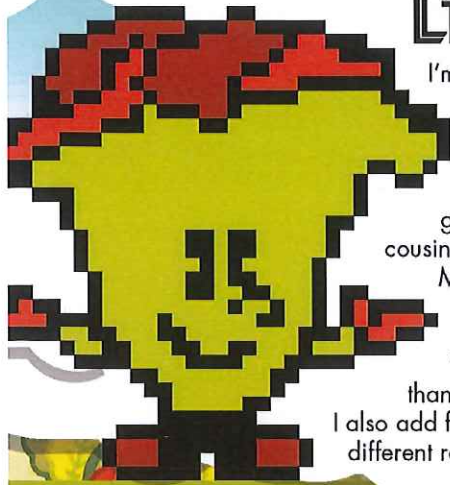
Menus are subject to change without notice due to availability of products.

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.



MAZE

Find your way to the red leaf lettuce

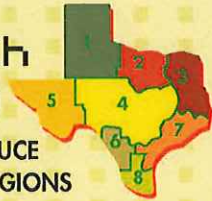


FUN FACT

Did you know lettuce is a member of the sunflower family?

LAUNCH PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

Joke of the MONTH

Knock Knock!
Who's there?
Lettuce.
Lettuce who?
Lettuce in,
we're freezing.



TUNA APPLE Salad SANDWICH

INGREDIENTS

1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ⅛ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

PREPARATION

1. Cut apple in quarters; remove core and chop. **2.** In a medium-sized bowl, mix all salad ingredients, except tuna. **3.** Gently fold in tuna. **4.** Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of:
www.whatscooking.fns.usda.gov

