

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

Happy Valentine's Day!!

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Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast
Week is next Month!

Breakfast- Omelet, toast,
fruit, juice, milk
Lunch- Mini Corndogs,
broccoli, carrots, Fruit
mix, orange, milk,
pudding
Option- Chic. sandwich

Breakfast- French toast
stick
Lunch- Chicken Strips,
potatoes, gravy, bread,
black eyed peas, baby
carrots, pears, apples,
milk
Option- Corndog

Breakfast- omelet,
toast
Lunch- Spaghetti, 2
bread sticks, corn cob,
salad, peaches, apple,
milk

Breakfast- Sausage,
toast
Lunch- Chicken
Spaghetti, roll, green
beans, salad, peaches,
orange, milk, jello
Option-Pizza

Breakfast- Pizza
Lunch- Chicken fried
steak, potatoes, gravy,
green beans, pears,
orange, milk, bread
Option- Nuggets

Breakfast- Biscuit,
gravy
Lunch- Pizza, corn,
salad, oranges, pears,
milk, pudding
Option- Nuggets

Breakfast- Pancake on
a stick
Lunch-
Tiger chicken, cheese,
fixins, Tots, baby
carrots, peaches,
orange, milk

Breakfast- Mini pancakes,
fruit, juice, milk
Lunch-
Tiger chicken, cheese,
fixins, fries, baby carrots,
peaches, orange, milk

Breakfast- Pizza
Lunch- Hot Dog, chips,
carrots, salad, pears,
apple, milk, chili,
cheese
Option-Corndog

Breakfast- Scrambled
eggs, toast
Lunch-BBQ sandwich,
black eyed peas, sweet
potato tots, pears, apple,
milk

Breakfast-Kolache
Lunch- Beef Tips &
rice, green beans, roll
trop. fruit, orange,
salad, milk

Breakfast- Sausage,
Toast
Lunch- Beef Taco Pie,
pinto beans, carrots,
tortilla chip, rice,
pineapple, apple, milk
Option- Burrito

No
School

Breakfast- Biscuit,
gravy
Lunch- Soft taco,
lettuce, cheese, refried
beans, pineapple,
apple, milk, rice
Option- Burrito

Breakfast-Sausage
Biscuit
Lunch-Pizza, salad,
corn, peaches, orange,
milk, pudding
Option- Chic. Sand.

Breakfast- French toast
sticks
Lunch-Grilled cheese,
Soup, salad, mini
carrots, peaches, apple,
milk, crackers
Option- Pizza

Breakfast- Omelet, toast
Lunch-Baked Potato,
ham, cheese, bread
stick, broccoli, carrots,
pears, orange, milk, jello
Option-Corndog

Breakfast- Mini pancakes,
fruit, juice, milk
Lunch-
Tiger chicken, cheese,
fixins, fries, baby carrots,
peaches, orange, milk

Breakfast-Omelet,
toast
Lunch-Nachos, meat,
cheese, pinto beans,
mini carrots, pineapple,
orange, milk, rice
Option- Burrito

Breakfast- Sausage, toast
Lunch-Hot ham &
cheese, pickle spears,
broccoli, applesauce,
orange, chips, milk,
pudding
Option- Corndog

Good Eats At:

Tenaha ISD
High School

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".

Activities

FIND YOUR WAY TO THE GOLD STAR!



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.

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

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