

Special Announcements

Kids, School Breakfast Week is March 3/6-3/10.
Start each day the smart way by energizing breakfast.

Choice of milk everyday: White 1% Low Fat Or Flavored Fat Free

Menus are subject to change without notice.



Monday

Tuesday

Wednesday

Thursday

Friday

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Good Eats At:

JOAQUIN ISD RAM CAFÉ
Breakfast Menu
Elementary \$1.75 Junior High \$1.75
High School \$1.75 Adult \$2.00

Chicken-n-Biscuit
Jelly
Strawberry Pop-Tart
Assorted Cereals
Applesauce
Assorted Juice

Egg-Bacon Burrito Salsa Yogurt Assorted Cereals Mandarin Oranges Assorted Juice French Toast Syrup Pop-Tart Assorted Cereals Honeydew Bites Assorted Juice

Pancake on Stick Syrup Pop-Tart Assorted Cereals Cantaloupe Diced Assorted Juice Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice

Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice

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Egg-Bacon Biscuit
Oatmeal Bar
Assorted Cereals & Pop-Tart
Fresh Crisp Apple
Assorted Juice

Cinnamon Roll
Oatmeal Bar
Assorted Cereals & Pop-Tart
Fresh Crisp Apple
Assorted Juice

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SPRING BREAK

Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice Breakfast Pizza Mini Muffin Assorted Cereals Mandarin Oranges Assorted Juice

Mini Maple Waffle Syrup Pop-Tart Assorted Cereals Honeydew Bites Assorted Juice Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice Egg-Bacon Biscuit
Oatmeal Bar
Assorted Cereals & Pop-Tart
Fresh Crisp Apple
Assorted Juice

Chicken-n-Biscuit Jelly Strawberry Pop-Tart Assorted Cereals Applesauce Assorted Juice Egg-Bacon Burrito Salsa Yogurt Assorted Cereals Mandarin Oranges Assorted Juice

Blueberry Pancakes Syrup Pop-Tart Assorted Cereals Cantaloupe Diced Assorted Juice

Sausage-n- Biscuit Jelly Granola Bar Assorted Cereals Orange Smile Assorted Juice Cinnamon Roll
Oatmeal Bar
Assorted Cereals & Pop-Tart
Fresh Crisp Apple
Assorted Juice

(Sna)ctivity

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

Grawing Months: April through Revember

Did You



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 Boalthy Troat: You can spread poanut butter inside the colony stalk and add raising on top and call it "ants on a log." Ask an adult for holp making this healthy snack!

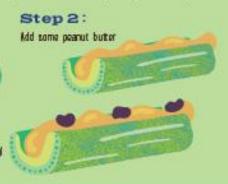
Step 1:

Get some fresh Texas colony



Step 3:

Lastly add frosh raisins, Enjoy



Joke of the Month

Q. What vegetable might you find in your basement? see answer below.



Crowing 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

Grawing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

