

MARCH

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.



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

FIELD PLAYS

Monday

Tuesday

Wednesday

Thursday

Friday

2

Good Eats At:

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

1

French Toast
 Syrup
 Pop-Tart
 Assorted Cereals
 Honeydew Bites
 Assorted Juice

2

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

3

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

6

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

7

Egg-Bacon Burrito
 Salsa
 Yogurt
 Assorted Cereals
 Mandarin Oranges
 Assorted Juice

8

Pancake on Stick
 Syrup
 Pop-Tart
 Assorted Cereals
 Cantaloupe Diced
 Assorted Juice

9

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

10

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

SCHOOL BREAKFAST WEEK

13

SPRING BREAK

14

15

16

17

20

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

21

Breakfast Pizza
 Mini Muffin
 Assorted Cereals
 Mandarin Oranges
 Assorted Juice

22

Mini Maple Waffle
 Syrup
 Pop-Tart
 Assorted Cereals
 Honeydew Bites
 Assorted Juice

23

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

24

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

27

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

28

Egg-Bacon Burrito
 Salsa
 Yogurt
 Assorted Cereals
 Mandarin Oranges
 Assorted Juice

29

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

30

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

31

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

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

