

MARCH

Special Announcements

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YOU ART WHAT YOU EAT ART CONTEST
CREATE & ENTER
VISIT SPRINGMEALS.ORG/ARTCONTEST
FOR MORE DETAILS.

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tenaha ISD
Elementary & Junior High

6 Breakfast- Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,

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

8 Breakfast-chicken biscuit
Lunch- Spaghetti, bread stick, corn cob, salad, peaches, apple, milk

9 Breakfast- Sausage, toast
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk

10 Breakfast- Pizza
Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk,

11 Breakfast- Biscuit, gravy
Lunch- Pizza, corn, salad, oranges, pears, milk

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

13 Breakfast- Mini pancakes, fruit, juice, milk
Lunch- Bag Lunch Early Release

SCHOOL BREAKFAST WEEK

13

14

15

16

17

SPRING BREAK!!

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

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

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

23 Breakfast- Pizza
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk

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

27 Breakfast- Biscuit, gravy
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, apple, milk

28 Breakfast-Sausage Biscuit
Lunch-Pizza, salad, carrot sticks, corn, peaches, orange, milk

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

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

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

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?



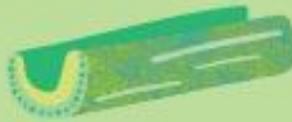
In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

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