

MARCH

2019



It's **GUS JUSTICE** to the rescue!

GOOD EATS AT

Tenaha ISD High School

M	T	W	TH	F
ART CONTEST CONTINUES	"You ART What You Eat" Create and enter today! SquareMeals.org/artcontest		NO School	

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Breakfast- Sausage Biscuit Lunch-Pizza, salad, corn, carrot sticks, peaches, milk, pudding Option- Chic. Sand. 4	Breakfast- French toast stick Lunch- Chicken Rings, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk, jello Option- Stk. Fingers 5	Breakfast- Cinnamon Roll Lunch- Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, ,milk Option- Burger 6	Breakfast- biscuit, Gravy Lunch-Turkey Hoagie, baked beans, baked chips ,fixins, tropical fruit, apple, milk, pudding Option- Chic Sandwich 7	Breakfast-Mini Pancakes Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk, Jello Option-Pizza 8
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SPECIAL ANNOUNCEMENTS

Spring Break! 11	Spring Break! 12	Spring Break! 13	Spring Break! 14	Spring Break! 15
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Enjoy Spring Break!!

Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding Option- Corndog 18	Breakfast-Sausage, Biscuit Lunch- Taco Salad, pinto beans, pineapple, milk, rice Option-Burrito 19	Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, green beans, baby carrots, pears, apples, milk Option-Stk. fingers 20	Breakfast- Biscuit & Gravy Lunch-Pizza, salad, corn, carrot sticks, peaches, milk, pudding Option- Chic. Sand. 21	Breakfast- Kolache Lunch- Beef Tips & rice, green beans, roll, tropical fruit, orange, salad, milk,pudding Option- Chic Nugges 22
Breakfast- Biscuit, gravy Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice Option- Burrito 25	Breakfast- Sausage, Biscuit Lunch-Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Burger 26	Breakfast- Pancake on a stick Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, baby carrots, pears, orange milk Option-Pizza 27	Breakfast- Omelet, toast Lunch-Stuffed crust Pizza, salad, corn, carrot sticks, peaches, milk pudding Option-Chic. Sandwich 28	Breakfast- Pizza, fruit, juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, pudding Option- Nuggets 29



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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