

FEBRUARY 2020



GOOD EATS AT

Tenaha ISD
High School

SPECIAL ANNOUNCEMENTS

Happy Valentines Day!

It's
LORENA LIGHTNING

YOU ART WHAT YOU EAT
ART CONTEST
Art Contest
ENTER TODAY
SquareMeals.org/
ArtContest

M	T	W	TH	F
Breakfast- Omelet, toast Lunch- Chicken Taco, lettuce, cheese, refried beans, pineapple, orange, milk Options- Burrito 3	Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, Fries, pears, apple, milk, pudding Option- Corndog 4	Breakfast- Sausage, Biscuit Lunch- Chicken Strips, potatoes, gravy, roll, green beans, baby carrots, pears, apples, milk Option-Stk. fingers 5	Breakfast-Muffin, Yogurt Lunch-Pizza, salad, corn carrot sticks, peaches, milk, pudding Option- Chic. Sand. 6	Breakfast-Mini Pancakes Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk, Jello Option-Pizza 7
Breakfast- Biscuit, gravy Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice Option- Burrito 10	Breakfast- Sausage, Biscuit Lunch-Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Burger 11	Breakfast- Pancake on a stick Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, baby carrots, pears, orange milk Option-Pizza 12	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 13	Breakfast- Pizza, fruit, juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, pudding Option- Nuggets 14
Breakfast- Cinnamon Roll Lunch- Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, milk Option- Corndog 17	Breakfast- French toast stick Lunch- Chicken Rings, potatoes, gravy, roll, green beans, baby carrots, pears, apples, milk, jello Option- Stk. Fingers 18	Breakfast- biscuit, Gravy Lunch-Turkey Hoagie, baked beans, baked chips ,fixins, tropical fruit, apple, milk, pudding Option- Chic Sandwich 19	Breakfast- Omelet, toast Lunch- Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk pudding Option-Chic. Sandwich 20	Breakfast-Kolache Lunch- Beef Tips & rice, green beans, roll, trop. fruit, orange, salad, milk 21
Breakfast-Pancake on a Stick Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange, rice option- Burrito 24	Breakfast- Omelete, toast Lunch- Steak Fingers, potatoes, gravy, black eyed peas, pears, orange, milk, roll Option-Nuggets 25	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 26	Breakfast- French Toast Sticks Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, apple, milk Option-Corndog 27	Breakfast- Kolache Lunch- Spaghetti, 2 bread sticks, salad, corn, peaches, orange, milk 28

GET READY

SCHOOL BREAKFAST WEEK
MARCH 2-6
SquareMeals.org/SBW



Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.



WHAT TO KNOW

Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER
SUPER
INTELLIGENCE**

JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES

