

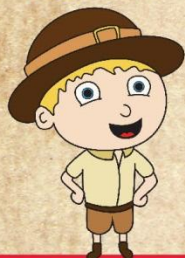
**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**

# MARCH

**CELEBRATE SCHOOL  
BREAKFAST WEEK  
MARCH 7-11!**



**MONDAY**



Breakfast- Scrambled eggs, toast  
Lunch-Chicken strips, potatoes, black eye peas, fruit, milk, bread  
Option-Steak Fingers **1**

Breakfast- Biscuit and gravy  
Lunch- Chicken Spaghetti, roll, green beans, salad, fruit, milk **2**

Breakfast- Sausage, Toast  
Lunch- Beef Taco Pie, pinto beans, tortilla chip, pineapple, milk  
Option- Gordita **3**

Breakfast- Pancake on a stick  
Lunch- Tiger chicken, fixins, fries, fruit, milk **4**

Breakfast- French Toast sticks  
Lunch- Soft Chicken taco, lettuce, cheese, refried beans, rice  
Pineapple, milk  
Option Gordito **7**

Breakfast- Pizza  
Lunch- Hot Dog, chips, carrot sticks  
Pears, milk  
Option- Chic Sand **8**

Breakfast- Omelet, toast  
Lunch-Baked Potato, ham, cheese, bread stick, broccoli, fruit, milk  
Jello  
Option-Corn Dog **9**

Breakfast- sausage, biscuit  
Lunch-Chicken rings, tots, green beans, fruit, milk  
Option-Pizza **10**

Breakfast- Pancake on a stick  
Lunch- Bag Lunch  
Early release **11**

**GOOD EATS AT:**

Tenaha ISD  
High School



**SPECIAL ANNOUNCEMENTS**

**Have a safe and fun filled  
Spring Break!!!!**

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**SPRING BREAK**



**14**

Breakfast- Mini Pancakes  
Lunch- Stuffed crust  
Pizza, corn, salad, oranges, milk  
Pudding  
Option-Nuggets **21**

Breakfast- Biscuit, gravy  
Lunch- Mini corn dogs, carrots, broccoli, fruit mix, milk  
Option-Nuggets **22**

Breakfast- Biscuit, sausage  
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk, jello  
Option-Chic. Sand **23**

Breakfast- Burrito  
Lunch-BBQ Sandwich-broccoli, sweet tots, tropical fruit, milk  
Option-Burger **24**

Breakfast- Waffles  
Lunch-Tiger Burger, fixins, fries, fruit, milk **25**

Breakfast- Biscuit, gravy  
Lunch- Soft taco, lettuce, cheese, refried beans, rice  
pineapple, milk  
Option-Gordita **28**

Breakfast- Omelet, Toast  
Lunch- Chicken fried steak, gravy, potatoes, corn, fruit  
read, milk  
Option-Nuggets **29**

Breakfast- Pizza  
Lunch-Nachos, meat, cheese, pinto beans, milk, pineapple  
Option-Gordita **30**

Breakfast- Mini Waffles  
Lunch- Grilled cheese, sweet tots, salad, peaches, milk  
Option-ordita **31**



**18**



## IT'S MARCH!

This month, celebrate School Breakfast Week in Texas by trying all the delicious, nutritious breakfast choices in your school cafeteria. Start every day with healthy foods from the Great Plate of Texas!



SUBJECT: School Breakfast

CATEGORY: The Five Basic Food Groups:  
Grains, Fruits, Vegetables, Protein and Dairy

GROWING REGIONS: Statewide

WHERE TO FIND IT: In the School Cafeteria

## DISTINGUISHING CHARACTERISTICS:

Breakfast is the first meal of the day. A healthy breakfast should include a variety of foods from two or more of the five basic food groups.



## WHAT TO KNOW:

Texas kids who eat a healthy breakfast can perform better in the classroom. It's one of the smartest things you can do to make the grade and feel great all day!



## JOKE:

Q: What did Snow White call her chicken?

A: Egg White!



## DID YOU KNOW?:

Some people call breakfast "the most important meal of the day" because it's the first meal you eat after sleeping for eight hours. Your body needs food, and breakfast is the perfect time to refuel!

COMING IN  
APRIL:  
**FRUIT!**



## **FUN FACT:**

The first breakfast cereal was invented in 1863. It was called "Granula" and had to be soaked overnight just to be chewable!



## EXPLORER'S NOTEBOOK:

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state. There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables and whole grains can all be part of a good breakfast—and they're all produced right here in Texas.

**LOOK FOR THESE  
POSTERS HANGING  
IN YOUR SCHOOL  
CAFETERIA!**

