

**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 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 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, Pineapple, milk 7

Breakfast- Pizza
Lunch- Hot Dog, chips, carrot sticks
Pears, milk 8

Breakfast- Omelet, toast
Lunch-Baked Potato, ham, cheese, bread stick, broccoli, fruit, milk 9

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

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

GOOD EATS AT:

Tenaha ISD
Elementary
Jr High



SPRING BREAK



14

15

16

17

18

Breakfast- Mini Pancakes
Lunch- Stuffed crust Pizza, corn, salad, oranges, milk 21

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

Breakfast- Biscuit, sausage
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk, 23

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

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

Breakfast- Biscuit, gravy
Lunch- Soft taco, lettuce, cheese, refried beans, pineapple, milk 28

Breakfast- Omelet, Toast
Lunch- Chicken fried steak, gravy, potatoes, corn, fruit bread, milk 29

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

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



SPECIAL ANNOUNCEMENTS

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

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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!

