

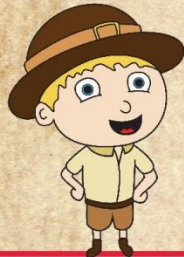
**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**

# MARCH

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



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Pizza  
Pop-Tart  
Assorted Cereals  
Mandarin Oranges  
Assorted Juice

1

Mini Blueberry Pancakes  
w/ Syrup  
Cheese Toast  
Assorted Cereals  
Orange Smile  
Assorted Juice

2

Sausage & Biscuit  
w/ Gravy & Jelly  
Cinnamon French Toast  
Assorted Cereals  
Diced Peaches  
Assorted Juice

3

Cinnamon Roll  
Pop-Tart  
Assorted Cereals  
Fresh Crisp Apple  
Assorted Juice

4

Kolache  
& Jelly  
Cinnamon French Toast  
Assorted Cereals  
Applesauce  
Assorted Juice

7

Tac-Go Wrap w/Salsa  
Pop-Tart  
Assorted Cereals  
Mandarin Oranges  
Assorted Juice

8

Pancake on Stick  
w/ Syrup  
Cheese Toast  
Assorted Cereals  
Orange Wedges  
Assorted Juice

9

Sausage & Biscuit  
w/ Gravy & Jelly  
Cinnamon French Toast  
Assorted Cereals  
Cantaloupe Cubes  
Assorted Juice

10

**Dads & Moms  
come have Breakfast  
with your Children.**  
Cinnamon Roll or Muffin  
Or Pop-Tart  
Assorted Cereals  
Fresh Fruit  
Assorted Juice

11

**JOAQUIN ISD**

**SCHOOL BREAKFAST WEEK**

**MARCH 7-11, 2016**

SPRING  
BREAK

14

SPRING  
BREAK

15

SPRING  
BREAK

16

SPRING  
BREAK

17

SPRING  
BREAK

18

Chicken-n-Biscuit  
& Jelly  
Cinnamon French Toast  
Assorted Cereals  
Applesauce  
Assorted Juice

21

Breakfast Pizza  
Pop-Tart  
Assorted Cereals  
Mandarin Oranges  
Assorted Juice

22

Mini Maple Waffle  
w/ Syrup  
Cheese Toast  
Assorted Cereals  
Orange Smile  
Assorted Juice

23

Sausage & Biscuit  
w/ Gravy & Jelly  
Cinnamon French Toast  
Assorted Cereals  
Diced Peaches  
Assorted Juice

24

Cinnamon Roll  
Pop-Tart  
Assorted Cereals  
Fresh Crisp Apple  
Assorted Juice

25

Kolache  
& Jelly  
Cinnamon French Toast  
Assorted Cereals  
Applesauce  
Assorted Juice

28

Tac-Go Wrap w/Salsa  
Pop-Tart  
Assorted Cereals  
Mandarin Oranges  
Assorted Juice

29

Tornado Egg, Cheese  
& Sausage w/Salsa  
Cheese Toast  
Assorted Cereals  
Orange Smile  
Assorted Juice

30

Sausage & Biscuit  
w/ Gravy & Jelly  
Cinnamon French Toast  
Assorted Cereals  
Cantaloupe Cubes  
Assorted Juice

31



SPECIAL ANNOUNCEMENTS

**Dads & Moms come have  
Breakfast with your Children  
ALL ADULT \$2.00**

**ELEMENTARY \$1.50 JUNIOR HIGH \$1.75**

**HIGH SCHOOL \$1.75**

Choice of milk everyday:

White 1% Or Flavored 0% Fat

Menus are subject to change without notice



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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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

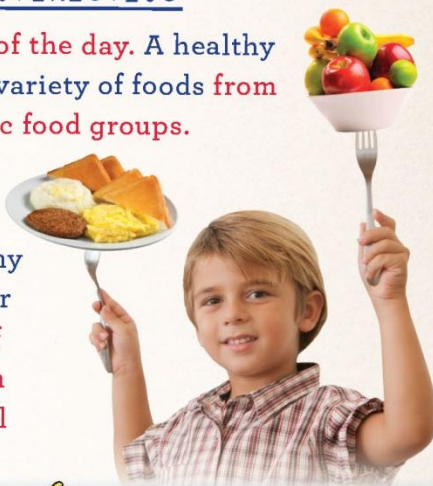
WHERE TO FIND IT: In the School Cafeteria

## 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!**

