

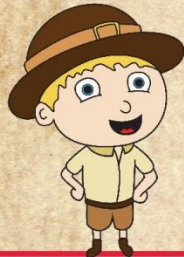
**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

MARCH

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



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Melt
Hot Dog on Bun
w/Chili
Baked Beans
Potato Puffs
Veggie Bar
Red Grapes
Mandarin Oranges ¹

Chicken Rings
w/ Brown Gravy
Mashed Potatoes
Broccoli w/ Cheese
Veggie Bar
Hot Wheat Roll
Orange Smile
Honeydew Bites ²

Pizza Square
Beefy Nachos
Seasoned Corn
Steamed Sweet Potatoes
Veggie Bar
Salsa & Peppers
Strawberry Cup
Diced Peaches ³

Chicken, Hamburger or
Cheeseburger on Bun
Crinkled Potato
Cauliflower w/Cheese
Veggie Bar
Fresh Crisp Apple
Orange Shape Up ⁴

Stuffed Crust Pizza
Salisbury Steak w/
w/ Brown Gravy
Mashed Potatoes
Black-eyed Peas
Turnip Greens
Corn Bread & Peppers
Veggie Bar
Applesauce Birthday ⁷

Ham & Cheese Melt
Mini Corn Dog
Macaroni & Cheese
Sweet Potato Puffs
Veggie Bar
Grapefruit Sections
Mandarin Oranges ⁸

Chicken Nuggets
w/ Brown Gravy
Mashed Potatoes
Mixed Vegetables
Hot Wheat Roll
Veggie Bar
Orange Wedges
Pineapple Cubes ⁹

Pizza Square
Beef Burrito w/Queso
Whole Corn
Vegetables Rice
Ranch Beans
Veggie Bar
Salsa & Peppers
Cantaloupe Cubes
Green Grapes ¹⁰

Chicken, Hamburger or
Cheeseburger on Bun
Crinkled Potato
Brussel Sprouts
Veggie Bar
Fresh Crisp Apple
Strawberry Slushie ¹¹

**SPRING
BREAK**

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**SPRING
BREAK**

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**SPRING
BREAK**

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**SPRING
BREAK**

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**SPRING
BREAK**

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Hoagie Sandwich
Stuffed Crust Pizza
Green Beans
Glaze Carrots
Veggie Bar
Applesauce Raspberry
Diced Pears Cup
Pudding Cup ²¹

Chicken Melt
Bar B Q Rib Sandwich
Baked Beans
Potato Puffs
Veggie Bar
Red Grapes
Mandarin Oranges ²²

Chicken Tenders
w/ Brown Gravy
Mashed Potatoes
Broccoli w/Cheese
Veggie Bar
Hot Wheat Roll
Orange Smile
Honeydew Bites ²³

Pizza Square
Chili Pie
Seasoned Corn
Steamed Sweet Potatoes
Veggie Bar
Strawberry Cup
Diced Peaches ²⁴

Chicken, Hamburger or
Cheeseburger on Bun
Crinkled Potato
Cauliflower w/Cheese
Veggie Bar
Fresh Crisp Apple
Cherry Shape-Up ²⁵

Stuffed Crust Pizza
Cheeze Chicken Spaghetti
Black-eyed Peas
Turnip Greens
Corn Bread & Peppers
Veggie Bar
Applesauce Watermelon
Fruit Bowl ²⁸

Ham & Cheese Melt
Sloppy Joe on Bun
Macaroni & Cheese
Sweet Potato Puffs
Veggie Bar
Grapefruit Sections
Mandarin Oranges ²⁹

Steak Fingers
w/ Brown Gravy
Mashed Potatoes
Mixed Vegetables
Veggie Bar
Hot Wheat Roll
Orange Wedges
Pineapple Cubes ³⁰

Pizza Square
Totally Taco
w/Salsa
Whole Corn
Vegetables Rice
Ranch Beans
Veggie Bar
Cantaloupe Cubes
Green Grapes ³¹



GOOD EATS AT:

JOAQUIN ISD



SPECIAL ANNOUNCEMENTS

Chef Salad Plate Each Day

ELEMENTARY \$2.50 JUNIOR HIGH \$2.50

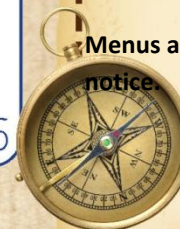
HIGH SCHOOL \$2.75 ADULT \$3.50

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

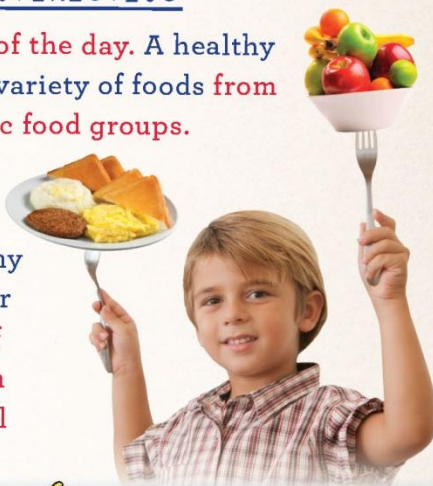
WHERE TO FIND IT: In the School Cafeteria

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!

