

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

Choice of milk everyday:
White 1% Low Fat or Flavored
Fat Free

Menus are subject to change
without notice.



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!
School Breakfast
Week is next Month!

1

French Toast Sticks
Syrup
Pop-Tart
Assorted Cereals
Cantaloupe Diced
Assorted Juice

2

Sausage-n- Biscuit
Jelly
Granola Bar
Assorted Cereals
Orange Smile
Assorted Juice

3

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

6

Chicken-n-Biscuit
Jelly
Strawberry Pop-Tart
Assorted Cereals
Applesauce
Assorted Juice

7

Breakfast Pizza
Strawberry/Banana Yogurt
Assorted Cereals
Mandarin Oranges
Assorted Juice

8

Blueberry Pancakes
Syrup
Pop-Tart
Assorted Cereals
Honeydew Bites
Assorted Juice

9

Sausage-n- Biscuit
Jelly
Granola Bar
Assorted Cereals
Orange Smile
Assorted Juice

10

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

13

Chicken-n-Biscuit
Jelly
Strawberry Pop-Tart
Assorted Cereals
Applesauce
Assorted Juice

14

Taco-Go
Salsa
Rainbow Yogurt
Assorted Cereals
Mandarin Oranges
Assorted Juice

15

Pancake on Stick
Syrup
Pop-Tart
Assorted Cereals
Cantaloupe Diced
Assorted Juice

16

Sausage-n- Biscuit
Jelly
Granola Bar
Assorted Cereals
Orange Smile
Assorted Juice

17

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

VALENTINES DAY

20

Chicken-n-Biscuit
Jelly
Strawberry Pop-Tart
Assorted Cereals
Applesauce
Assorted Juice

21

Breakfast Pizza
Strawberry/Banana Yogurt
Assorted Cereals
Mandarin Oranges
Assorted Juice

22

Mini Maple Waffle
Syrup
Pop-Tart
Assorted Cereals
Honeydew Bites
Assorted Juice

23

Sausage-n- Biscuit
Jelly
Granola Bar
Assorted Cereals
Orange Smile
Assorted Juice

24

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

27

Chicken-n-Biscuit
Jelly
Strawberry Pop-Tart
Assorted Cereals
Applesauce
Assorted Juice

28

Breakfast Burrito
Salsa
Rainbow Yogurt
Assorted Cereals
Mandarin Oranges
Assorted Juice

Good Eats At:

JOAQUIN ISD RAM CAFÉ

Breakfast Menu

Elementary \$1.75 Junior High \$1.75
High School \$1.75 Adult \$2.00

Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



Fun Fact

Blackberries, unlike raspberries, have a solid center when they are pulled off the 'cane'.

Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: SquareMeals.org/SeasonalityWheel



Activities

FIND YOUR WAY TO THE GOLD STAR!

START



Joke of the Month

Q. What do you call a sad berry?
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.