

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
Chef Salad
Chicken Tenders
Fluffy Mashed Potatoes
Brown Gravy
Crunchy Broccoli
Whole Grain Roll
Healthy Veggie Bar
Cantaloupe Diced
Fresh Strawberry

2
Crispy Chicken Salad
Chili Corn Chip Pie
Chicken Quesadilla
Sweet Corn
Mexican Pinto Beans
Healthy Veggie Bar
Salsa, Peppers & Sour Cream
Orange Wheels
Rolling Green Grapes

3
Chicken or Hamburger
Sliced Cheese
Crinkled Potatoes
Brussels Sprouts w/Cheese
Healthy Veggie Bar
Fresh Crisp Apple
Blue Raspberry Slushie
Smart Snack

6
Chef Salad
Chicken Cheese Burger Basket
Pizza Sliced
Ranch Dressing
Green Beans
Glazed Carrots
Healthy Veggie Bar
Raspberry Applesauce
Sliced Pears
Pudding Cup

7
Asian Chicken Salad
Cheeze Chicken Spaghetti
Baby Lima Beans
Bread Sticks
Healthy Veggie Bar
Red Grapes
Mandarin Oranges

8
Chef Salad
Chicken Rings
Mashed Potatoes
Bright Green Peas
Brown Gravy
Healthy Veggie Bar
Whole Grain Roll
Strawberry Cup
Honeydew Bites

9
Crispy Chicken Salad
Chili Corn Chip Pie
Taco Soup w/Chip
Whole Kernel Corn
Healthy Veggie Bar
Orange Smile
Diced Peaches

10
Chicken or Hamburger
Sliced Cheese
Crinkled Potatoes
Cauliflower w/Cheese
Healthy Veggie Bar
Fresh Crisp Apple
Mango Slushie
Smart Snack

13
Chef Salad
Chicken Cheese Burger Basket
French Bread Pizza
w/Ranch Dressing
Green Beans
Creamy Sweet Potatoes
Healthy Veggie Bar
Birthday Applesauce
Fruit Cocktail

14
Asian Chicken Salad
Corn Dog
Baked Beans
Mixed Vegetables
Healthy Veggie Bar
Macaroni & Cheese
Banana
Mandarin Oranges

15
Chef Salad
Chicken Nuggets
Fluffy Mashed Potatoes
Brown Gravy
Crunchy Broccoli
Whole Grain Roll
Healthy Veggie Bar
Cantaloupe Diced
Fresh Strawberry

16
Crispy Chicken Salad
Chili Corn Chip Pie
Stromboli
Marinara Sauce
Sweet Corn
Mexican Pinto Beans
Healthy Veggie Bar
Jalapeno Peppers
Orange Wedges
Rolling Green Grapes

17
Chicken or Hamburger
Sliced Cheese
Crinkled Potatoes
Brussels Sprouts w/Cheese
Healthy Veggie Bar
Fresh Crisp Apple
Strawberry Slushie
Smart Snack

VALENTINES DAY

20
**STUDENT
HOLIDAY**

21
Asian Chicken Salad
Spaghetti w/Meat Sauce
Baby Lima Beans
Bread Sticks
Healthy Veggie Bar
Red Grapes
Mandarin Oranges

22
Chef Salad
Steak Fingers
Mashed Potatoes
Brown Gravy
Bright Green Peas
Healthy Veggie Bar
Whole Grain Roll
Strawberry Cup
Honeydew Bites

23
Crispy Chicken Salad
Chili Corn Chip Pie
Beef Vegetable Soup
Toasted Cheese Sandwich
Whole Kernel Corn
Healthy Veggie Bar
Orange Smile
Diced Peaches

24
Chicken or Hamburger
Sliced Cheese
Crinkled Potatoes
Cauliflower w/Cheese
Healthy Veggie Bar
Fresh Crisp Apple
Lemon Slushie
Smart Snack

27
Chef Salad
Chicken Cheese Burger Basket
French Bread Pizza
w/Ranch Dressing
Green Beans
Creamy Sweet Potatoes
Healthy Veggie Bar
Watermelon Applesauce
Fruit Cocktail

28
Asian Chicken Salad
Hot Dogs w/Corn Chips
Baked Beans
Mixed Vegetables
Healthy Veggie Bar
Macaroni & Cheese
Banana
Mandarin Oranges

Good Eats At:

JOAQUIN ISD RAM CAFÉ

Lunch Menu

Elementary \$2.50 Junior High \$2.50
High School \$2.75 Adult \$3.50

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](https://www.squaremeals.org/SeasonalityWheel)



This product was funded by USDA. This institution is an equal opportunity provider.

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.