

# MARCH 2018

MON

TUE

WED

THUR

FRI

Special Announcements

Good Eats at:

Sausage  
Biscuit  
Yogurt  
Fruit  
Juice  
Milk Variety 1

Egg&Chz Sand  
OR  
Cereal/Toast  
Fruit  
Juice  
Milk Variety 2

**SCHOOL BREAKFAST WEEK**  
MARCH 5-9  
[squaremeals.org/sbw](http://squaremeals.org/sbw)

Waffles  
Bacon  
Fruit  
Juice  
Milk Variety 5

Cinnamon Roll  
Sausage OR  
Cereal/Toast  
Fruit  
Juice  
Milk Variety 6

Breakfast Pizza  
Fruit  
Juice  
Milk variety 7

Sausage, Egg  
Cheese Sand  
Fruit  
Juice  
Milk Variety 8

Scrambled Eggs  
Biscuits  
Sausage  
Fruit  
Juice  
Milk Variety 9

+200  
 +100  
 +50

12 **Spring Break!!** 13 **Have fun and be safe!!** 14 15 16

Early Bird Sand  
Fruit  
Juice  
Milk Variety 19

Sausage and  
Biscuit  
Fruit  
Juice  
Milk Variety 20

Scrambled Eggs  
Biscuit  
Bacon  
Fruit  
Juice  
Milk Variety 21

Pancake Wrap  
Fruit  
Juice  
Milk Variety 22

Cinnamon Roll  
OR  
Cereal/Toast  
Fruit  
Juice  
Milk Variety 23

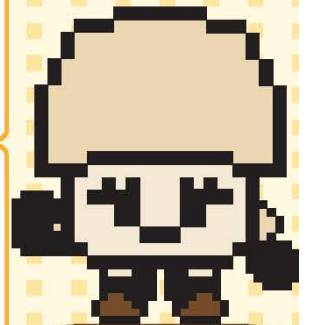
Pancakes  
Bacon  
Fruit  
Juice  
Milk variety 26

Cheesy Toast  
Fruit  
Juice  
Milk Variety 27

French Toast  
Sausage  
Fruit  
Juice  
Milk Variety 28

Oatmeal and  
Cinnamon  
Toast OR  
Cereal/Toast  
Fruit and Juice  
Milk Variety 29

Breakfast  
Burrito  
Hash Browns  
Fruit  
Juice  
Milk Variety 30



Fun facts on back!

**'YOU ART WHAT YOU EAT'**  
ART CONTEST  
CREATE & ENTER!  
STARTS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# MARCH 2018

MON TUE WED THUR FRI

Special Announcements

Good Eats at:

SCHOOL BREAKFAST WEEK

MARCH 5-9  
squaremeals.org/sbw

Steak Fingers Mashed Potatoes Okra Roll Strawberry Cup Milk Variety <b>5</b>	Meat and Cheese Chalupas Refried Beans Cucumbers Lett/Tom/Sauce Apple Sauce Milk Varietv <b>6</b>	Chicken Nuggets Sweet Potato Fries Broccoli Mixed Fruit Milk Variety <b>7</b>	Salisbury Steak Rsted Potatoes Biscuit/Gravy Salad Fruity Gelatin Milk Variety <b>1</b>	Ham & Chz Melt Baby Carrots Broccoli Salad Fresh Fruit Brownie Milk Variety <b>2</b>
Chicken Spaghetti Bread Stick Carrots Salad Apple Slices Milk Variety <b>8</b>	Fish Sticks Mac&Cheese Coleslaw Green Beans Orange Smiles Milk Variety <b>9</b>	<h2>Spring Break!!</h2> <h2>Have fun and be safe!!</h2>		
Taquito Charro Beans Seasoned Corn Salsa Fresh Fruit Milk Variety <b>19</b>	Chili Chz Combo Fresh Veggie Cup Mixed Fruit Milk Variety <b>20</b>	Asian Stir Fry Flatbread Garden Salad Apple Slices Milk Variety <b>21</b>	Fiesta Bowl Tiny Tom Cup Fruity Gelatin Milk Variety <b>22</b>	Frito Pie Cucumber Slices Lett/Tom Garnish Baby Carrots Cinn Applesauce Cookie Milk Variety <b>23</b>
Steak Fingers Mashed Potatoes Carrot Coins Roll Strwbry/Bananas Milk Variety <b>26</b>	Spaghetti Bowl Breadstick Salad Cali Bld Veggies Fruit Cup Choc/Van Puddin Milk Variety <b>27</b>	Texas Chili Cornbread Celery Sticks Carrot Sticks Orange Smiles Brownie Milk Variety <b>28</b>	Chkn Quesadilla MexiCali Corn Refried Beans Lett/Tom/Salsa Sliced Peaches Milk Variety <b>29</b>	PopCorn Chkn Fries Roll Broccoli Bites Fresh Fruit Milk Variety <b>30</b>

+200  
 +100  
 +50



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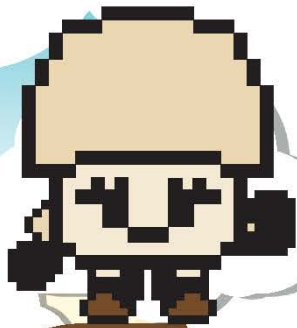
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# Button MUSHROOMS

Hey kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out of the ground and don't need sunlight. Button mushrooms were first grown in France nearly 300 years ago. We are used in a variety of foods throughout the world.

Despite being made up of around 90 percent water, we are sometimes thought of as the "meat" of the vegetable world. We are a low-calorie food that can be eaten raw, cooked or part of a larger meal.



There are a few mushroom varieties found in the wild, called toadstools, which are very poisonous. So if you find a mushroom growing in the woods or the yard, don't eat it.



## Word SEARCH

Find the word Mushroom

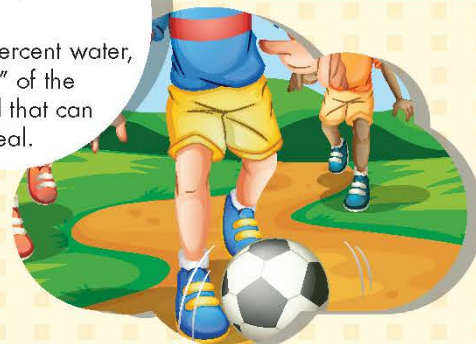
C	W	E	R	A	C	B	L
M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
S	T	O	Q	E	N	A	X
H	O	B	R	Y	F	C	L
U	J	T	M	H	D	W	O
L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

## Launch PAD

BUTTON MUSHROOM GROWING REGIONS



1. East Texas
2. Central Texas



## CHALLENGE

This month try to do 10 push-ups every day, and play outside for at least 30 minutes three times a week.

## FUN FACT

There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.

## Joke of the MONTH

Q: What would a mushroom car say?

A: Shroom shroom!



## Work-out the ANSWER

- 1) To strengthen stomach muscles, I do lots of \_\_\_-ups.
- 2) My arms are getting stronger because I hang on the monkey \_\_\_\_ at school.
- 3) These shoes are great for \_\_\_\_\_ on the track.
- 4) I know it's a game, but swinging the \_\_\_\_\_ racket is great exercise.
- 5) I lift \_\_\_\_\_ at the gym to build strong muscles.



## FUN FACT

Long before trees grew all over the world, Earth was covered by giant mushrooms.

Answers: sit, bars, running, tennis, weights