

MARCH

Special Announcements

Brock high school Deli

Mondays Chick Fil A
 Tuesday Rosa's
 Wednesday Papa John's pizza
 Thursday Chicken Express

Balentine's donuts on Friday mornings



YOU ART WHAT YOU EAT ART CONTEST
 CREATE & ENTER!
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 FOR MORE DETAILS.

FEED PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

		1 Papa John's Pizza \$ 2.00 a slice	2 Chicken Express 4 tender meal \$6.00	3 Spicy chicken sandwich fries bottle water/can soda \$5.00
6 Chick Fil A sandwich \$3.75 meal \$5.00	7 Rosa's 3 taco meal \$5.50	8 Papa John's Pizza \$ 2.00 a slice	9 Chicken Express 4 tender meal \$6.00	10 Cheese burger Tator tots salad cup bottle water/can soda \$5.00
S C H O O L B R E A K I A S T W E E K				
13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK
20 Chick Fil A sandwich \$3.75 meal \$5.00	21 Rosa's 3 taco meal \$5.50	22 Papa John's Pizza \$ 2.00 a slice	23 Chicken Express 4 tender meal \$6.00	24 Steak finger basket fries bottle water/can soda \$5.00
27 Chick Fil A sandwich \$3.75 meal \$5.00	28 Rosa's 3 taco meal \$5.50	29 Papa John's Pizza \$ 2.00 a slice	30 Chicken Express 4 tender meal \$6.00	31 Turkey & cheese sub chips water bottle/can sodas \$5.00

Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



Joke of the Month

Q. What vegetable might you find in your basement?
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April



Visit: SquareMeals.org/SeasonalityWheel