

MARCH

2019



GOOD EATS AT

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

Waffles
Sausage
Fruit
Milk/Juice 1

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Morning Rolls Fruit Milk Juice 4	Breakfast Pizza Fruit Milk Juice 5	Yogurt Toast Fruit Milk/Juice 6	Scrambled Eggs Bacon Toast Fruit Milk/Juice 7	Pancakes Sausage Fruit Syrup Milk/Juice 8
---	---	--	---	---

May Isd

SPECIAL ANNOUNCEMENTS

SPRING BREAK 11	SPRING BREAK 12	SPRING BREAK 13	SPRING BREAK 14	SPRING BREAK 15
-----------------	-----------------	-----------------	-----------------	-----------------

Oatmeal Toast Fruit Milk Juice 18	Breakfast Burrito Fruit Milk Juice 19	Chicken Biscuit Fruit Milk Juice 20	French toast Fruit Milk Juice 21	Pancakes on a Stick Fruit Milk Juice 22
---	--	--	---	--

Morning Rolls Fruit Milk Juice 25	Biscuits Gravy Sausage Fruit Milk Juice 26	Waffles Sausage Fruit Milk Juice 27	Yogurt Toast Fruit Milk Juice 28	Cinnamon Rolls Cheese Sticks Fruit Milk Juice 29
--	---	---	--	--

Breakfast
K-12 Reg Price: 1.75
Reduced: .30
Extra Milk: .50
Extra Juice: .50
Adult Price: 2.25
Milk/Juice offered daily-Cereal offered Daily at Breakfast



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

[f](#) [t](#) [v](#) [i](#)

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

GUS JUSTICE
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.



FUN FACT

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S FAVORITE ACTIVITIES
Track and field and Bowling



POW!
ARCH ENEMY
Candy Criminals

JOKE OF THE MONTH

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Answer) Spare | 2 pins

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension