

MARCH



Special Announcements

“BOBCATS”

Students can choose One of Two Different Entree’s daily.

Menu subject to change without notice due to product availability.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Fruitvale I.S.D.

Breakfast

HS-12th

6 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

7 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

8 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

9 Kolache/ (pig in blanket) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

10 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

SCHOOL BREAKFAST WEEK

13 Sausage, Biscuit/ (Gravy in cafeteria) Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

14 Yogurt & Graham Cracker Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

15 Waffle, Eggo Mini Cinna Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

16 Burrito, Breakfast Salsa in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

17 Oatmeal, with Toast/ Cafeteria Cereal Bar-Elem Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk 1%, White Fresh Fruit Fruit, Assorted Jelly

20 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

21 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

22 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

23 Eggs, Scrambled - cafeteria Breakfast Wrap- Elem Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

24 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

27 WG Muffin, Variety Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Jelly

28 Breakfast Pizza/or Combo Bar Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

29 Pancake, Mini Maple Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

30 Eggs, Scrambled - cafeteria Breakfast Wrap- Elem Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fresh Fruit Fruit, Assorted Jelly

31 Pancake /Sausage/ Stick Syrup in cafeteria Cereal, Assorted Bread, Whole Wheat Milk, FF Chocolate Milk, 1% White Juice Fruit, Assorted Jelly

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