

# MARCH

## Special Announcements

2<sup>nd</sup> Tray Line - Choose from several choices-  
 \$ 5.00 - NACHO, CHEESE CRISPITO, FRITO PIE,  
 CHEF SALAD, BAKED POTATO, CHILI CHEESE  
 FRIES, ETC.....  
 \$3.00- PRETZEL  
 \$2.00- PARFAIT

**BOBCATS ROCK!!!!**

Menu subject to change without notice  
 due to product availability.



**YOU ART WHAT YOU EAT ART CONTEST**  
 CREATE & ENTER  
[VISTASPECIALMEALS.ORG/ARTCONTEST](http://VISTASPECIALMEALS.ORG/ARTCONTEST)  
 FOR MORE DETAILS.

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Fruitvale ISD

H-12<sup>th</sup>

Lunch

**6** Cheese OR Pepperoni Pizza  
 Baked Chicken  
 Dinner Roll/Bread  
 Spinach Strawberry Salad  
 Cauliflower w/ Cheese  
 Apple Crisp  
 Diced Pears  
 Milk

**7** Beef/ Bean Burrito  
 Nacho/Beef  
 Season Corn  
 Toss Salad  
 Brown Rice  
 Craisins  
 Mandarin Oranges  
 Milk----Ranch, Ketchup

**1** Steak Fingers/Gravy  
 Beef Teriyaki  
 Salad  
 Baby Bakers  
 Dinner Roll/Bread  
 Orange  
 Mixed Fruit  
 Milk, Ketchup, salsa

**2** Zesty Orange Chicken  
 Macaroni/ Beef pasta  
 Imperial Blend Vegetables  
 Lima Beans  
 Brown Rice  
 Pineapple Tidbits  
 Sliced Peaches  
 Milk

**3** Hamburger/ Cheese  
 Burger  
 Taco Salad  
 Tatar Tots  
 Raw Carrots  
 Side Kick  
 Mixed Fruit/ Topping  
 Milk

**8** Chicken Tenders/ Gravy  
 Corn Dog  
 Green Beans  
 Mashed Potatoes  
 Dinner Roll/Bread  
 Strawberries  
 Diced Peaches  
 Milk

**9** Spaghetti w/ Meat  
 Quesadilla  
 Black Eye Peas  
 Zucchini Squash  
 Garlic Toast  
 Pineapple Chunks  
 Apple Sauce Cinn  
 Milk

**10** Hamburger  
 Chef Salad  
 Sweet Potato Fries w/ Dipping  
 Celery Sticks  
 Mixed Fruit /Topping  
 Side Kick  
 Milk----Ketchup, Mayo,  
 Mustard

## SCHOOL BREAKFAST WEEK

**13** Cheese Pizza  
 Chicken Fried Steak/ gravy  
 Dinner Roll/Bread  
 Seasoned Peas  
 Carrots  
 Banana  
 Pineapple Tidbits  
 Milk, Ketchup

**14** Nacho/Beef  
 Cheese Stix /Marinara  
 Pinto Beans  
 Roasted Peppers/onions  
 Brown Rice  
 Diced Pears  
 Pineapple Chunks  
 Milk

**15** Crispito  
 Chicken Fajita  
 Mixed Vegetable  
 Yellow squash  
 Mac & Cheese  
 Mixed Fruit  
 Sliced Peaches  
 Milk----Ketchup

**16** BBQ Stuffed Potato  
 Chicken Nuggets  
 Broccoli/ Cheese  
 Season Corn  
 Green Apples  
 Orange  
 Dinner Roll/Bread  
 Milk-----Ketchup

**17** Hamburger  
 Steak Fingers/ gravy  
 Dinner Roll/Bread  
 French Fries  
 Carrot Salad  
 Side Kick  
 Mixed Fruit/Topping  
 Milk

**20** Salisbury Steak/brown gravy  
 Cheese Pizza  
 Dinner Roll/Bread  
 Seasoned Corn  
 Salad  
 Baked Apples  
 Banana  
 Milk

**21** Fish with Dinner Roll  
 Mac & Cheese  
 Sunset Veggie juice  
 Three Bean Salads  
 Apple sauce Cinn.  
 Strawberries  
 Milk  
 Salsa, Ranch, Ketchup

**22** Chicken Rings /Gravy  
 Steak on Bun  
 Green Beans  
 Mashed Potatoes  
 Gelatin/Mixed Fruit  
 Craisins  
 Milk  
 Mayo, Mustard, Ketchup

**23** Nacho/Beef  
 Pepperoni Pizza  
 Brown Rice  
 Salad  
 Cherry Tomatoes  
 Peach Halves  
 Pears  
 Milk

**24** Hamburger  
 Hot Dog  
 Baked Beans  
 Sweet Potato Fries  
 Side Kicks  
 Mixed Fruit/Topping  
 Milk, Mayo, Mustard,  
 Ketchup

**27** Sloppy Joe on bun  
 Cheese Pizza  
 Broccoli Salad  
 Italian Vegetable  
 Apple  
 Banana  
 Milk, Mayo, Mustard

**28** Cheese Enchilada  
 Chicken Sandwich  
 Cherry Tomatoes  
 Refried Beans  
 Sliced Pears  
 Diced Peaches  
 Salsa  
 Milk—Mayo, Mustard

**29** Steak Fingers/Gravy  
 Beef Teriyaki  
 Salad  
 Baby Bakers  
 Dinner Roll/Bread  
 Orange  
 Mixed Fruit  
 Milk, Ketchup, salsa

**30** Zesty Orange Chicken  
 Macaroni/ Beef pasta  
 Imperial Blend  
 Vegetables  
 Lima Beans  
 Brown Rice  
 Pineapple Tidbits  
 Sliced Peaches  
 Milk

**31** Hamburger/ Cheese  
 Burger  
 Taco Salad  
 Tatar Tots  
 Raw Carrots  
 Side Kick  
 Mixed Fruit/ Topping  
 Milk

# 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](http://SquareMeals.org/SeasonalityWheel)