



FEBRUARY 2018

MON TUE WED THUR FRI

SCHOOL BREAKFAST WEEK
IS NEXT MONTH!
MARCH 5-9
squaremeals.org/sbw

+200



+100



+50

Good Eats at:

FARM FRESH FRIDAY: FEBRUARY 23

| | | | | |
|---|--|---|---|---|
| Asstd. Cereal/Breakfast Bar or Toast Slow Roasted BBQ Pork on a Bun Potato Smiles Mixed Vegetables Strawberry Fruit Cup 5 | Yogurt w/Muffin Lasagna Roll Up Fresh Baby Carrots Green Beans Seasonal Fresh Fruit 6 | Mini Maple Waffles Stuffed Mozzarella Sticks Marinara Dipping Cup Italian Blend Vegetables Seasonal Fresh Fruit 7 | Scrambled Eggs/Biscuit Hamburger/Cheeseburger Steamed Corn Spinach Salad Apple Slices 1 | Chocolate Chip Muffin Topper Breakfast For Lunch!! Pancakes w/Sausage Tater Tots Fresh Baby Carrots Seasonal Fresh Fruit 2 |
| Asstd. Cereal/Breakfast Bar or Toast Spicy or Regular Chicken Sandwich Oven Baked Fries Texas Pinto Beans Chilled Pears 12 | Chicken on a Biscuit Cheese Enchiladas Mexi Corn Salsa Cup Strawberry Fruit Cup 13 | Mini Pancakes Hamburger/Cheeseburger on a Bun Fresh Baby Carrots Steamed Broccoli Seasonal Fresh Fruit Heart Shaped Cookie 14 | Breakfast Pizza Frito Chili Pie Spinach Salad Ranch Style Beans Salsa Cup Apple Slices 8 | Biscuit w/Sausage Patty Cheese or Pepperoni Pizza Steamed Corn Frozen Cherry Sidekick Chilled Mandarin Oranges 9 |
| No School Today 19 | Breakfast Pizza Crazy Nachos Spanish Rice Salsa Cup Refried Beans Strawberry Fruit Cup 20 | Cinnamon Roll Chicken and Dutch Waffle Green Beans Frozen Cherry Sidekick Seasonal Fresh Fruit 21 | Breakfast Burrito Breaded Steak Fingers Texas Toast Mashed Potatoes/Gravy Romaine Salad Apple Slices 15 | Cherry Fruit Frudel Popcorn Chicken Cheesy Garlic Breadstick Cucumber Slices Capri Blend Vegetables Seasonal Fresh Fruit 16 |
| Asstd. Cereal/Breakfast Bar or Toast Tangerine Chicken Asian Rice Edamame Mixed Vegetables Chilled Pineapple 26 | Whole Grain Bagel w/ Sunbutter Breaded Steak Fingers Texas Toast Mashed Potatoes/Gravy Sugar Snap Peas Strawberry Fruit Cup 27 | French Toast Sticks Chicken Nuggets Cheesy Garlic Breadstick Sweet Potato Fries Steamed Broccoli Seasonal Fresh Fruit 28 | Cheese Omelet with Muffin Cheese or Pepperoni Pizza Steamed Corn Spinach Salad Apple Slices 22 | Breakfast on a Stick Hot Dog on a Bun Sweet Potato Fries Celery Sticks Seasonal Fresh Fruit 23 |

2.14
Valentine's Day

Special Announcements

Second Options
Breakfast:
Assorted Cereal available daily
Lunch:
Week of Feb. 1: Submarine Sandwich
Week of Feb. 5: Chicken Sliders
Week of Feb. 12: Turkey Star Bread Sandwich
Week of Feb. 19: Bistro Box
Week of Feb. 26: Submarine Sandwich



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.

MAZE

Find your way to the red leaf lettuce

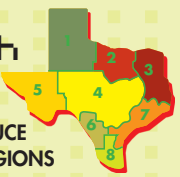


FUN FACT

Did you know lettuce is a member of the sunflower family?

LAUNCH PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

Joke of the MONTH

Knock Knock!
Who's there?
Lettuce.
Lettuce who?
Lettuce in, we're freezing.



TUNA APPLE SALAD SANDWICH

INGREDIENTS

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 can 12-oz chunk light tuna (drained)
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 1/2 cup raisins (or chopped figs)
- 1/4 cup chopped walnuts
- 1/8 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)
- 1/2 teaspoon curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

PREPARATION

1. Cut apple in quarters; remove core and chop.
2. In a medium-sized bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of: www.whatscooking.fns.usda.gov

