



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

2.14

Valentine's Day

Asstd. Cereal/WG Toast
Slow Roasted BBQ Pork on a Bun
Potato Smiles
Mixed Vegetables
Strawberry Fruit Cup
5

Seasonal Fresh Fruit
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/WG 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

Strawberry Go-Gurt
Asstd. Muffins
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/WG 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

Apple Fruit Frudel
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

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