



# FEBRUARY 2018

MON

TUE

WED

THUR

FRI

**SCHOOL BREAKFAST WEEK**  
IS NEXT MONTH!  
MARCH 5-9  
[squaremeals.org/sbw](http://squaremeals.org/sbw)

+200



+100



+50

**Good Eats at:**

FARM FRESH FRIDAY: FEBRUARY 23

2.14

Valentine's Day

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



Fun facts on back!

**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



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

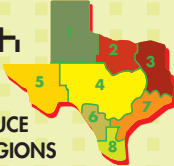


**FUN FACT**

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 Bend
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](http://www.whatscooking.fns.usda.gov)