



# 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

Fruit Yogurt w/Muffin  Slow Roasted BBQ Pork on a Bun Potato Smiles Mixed Vegetables Strawberry Fruit Cup  <b>5</b>	Cinnamon Roll  Lasagna Roll Up Fresh Baby Carrots Green Beans Seasonal Fresh Fruit  <b>6</b>	Mini WG Donuts  Stuffed Mozzarella Sticks Marinara Dipping Cup Italian Blend Vegetables Seasonal Fresh Fruit  <b>7</b>	French Toast Sticks  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>
Blueberry Muffin Topper  Spicy or Regular Chicken Sandwich Oven Baked Fries Texas Pinto Beans Chilled Pears  <b>12</b>	Cinnamon Roll  Cheese Enchiladas Mexi Corn Salsa Cup Strawberry Fruit Cup  <b>13</b>	Go Big Gogurt w/Muffin  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>	Cinnamon Crumb Cake  Popcorn Chicken Cheesy Garlic Breadstick Cucumber Slices Capri Blend Vegetables Seasonal Fresh Fruit  <b>16</b>
No School Today  <b>19</b>	Cinnamon Roll  Crazy Nachos Spanish Rice Salsa Cup Refried Beans Strawberry Fruit Cup  <b>20</b>	Mini WG Donuts  Chicken and Dutch Waffle Green Beans Frozen Cherry Sidekick Seasonal Fresh Fruit  <b>21</b>	French Toast Sticks  Cheese or Pepperoni Pizza Steamed Corn Spinach Salad Apple Slices  <b>22</b>	Nutrigrain Bar/Cheese Stick  Hot Dog on a Bun Sweet Potato Fries Celery Sticks Seasonal Fresh Fruit  <b>23</b>
Blueberry Muffin Topper  Tangerine Chicken Asian Rice Edamame Mixed Vegetables Chilled Pineapple  <b>26</b>	Cinnamon Roll  Breaded Steak Fingers Texas Toast Mashed Potatoes/Gravy Sugar Snap Peas Strawberry Fruit Cup  <b>27</b>	Go Big Gogurt w/Muffin  Chicken Nuggets Cheesy Garlic Breadstick Sweet Potato Fries Steamed Broccoli Seasonal Fresh Fruit  <b>28</b>	<p>TEXAS DEPARTMENT OF AGRICULTURE <b>COMMISSIONER SID MILLER</b></p> <p>f t y+ ..</p>	
<p>This product was funded by USDA. This institution is an equal opportunity provider.</p>				

### 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!

## 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

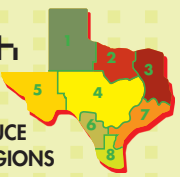


## FUN FACT

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