



## 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 Appie 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 • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ½ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ 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)



# MARCH 2018

MON

TUE

WED

THUR

FRI

## SPECIAL ANNOUNCEMENTS

School Breakfast Week is March 5-9, we encourage our students to join us for a healthy breakfast daily during the school week. We have had a terrific year in basketball, and we will be starting all of the spring UIL sports and UIL academics soon good luck to all the teams and their coaches. If anyone is interested in the 'You Are What You Eat' art contest come by and pick up a form from me or go under [squaremeals.org/artcontest](http://squaremeals.org/artcontest)

**'YOU ARE WHAT YOU EAT' ART CONTEST**  
CREATE & ENTER!  
STARTS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

## Good Eats at:

Katz n' Kittens Café  
361-596-4821


A variety of juice and milk offered with breakfast. All Menus are subject to change.

Muffins, Fruit, Cereal of Choice Chicken Tenders Noodles, Carrots Peas, Fruit Bread. Milk <b>5</b>	Sausage Roll, Fruit, Cereal of Choice Crispy Beef Tacos Taco Salad Cup Pinto Beans, Rice Fruit. Milk <b>6</b>	Breakfast Pizza, Fruit, Cereal of Choice Baked Potato/Ham Green Beans Fruit Bread, Milk <b>7</b>	Biscuits, Sausage, Fruit, Cereal of Choice Hoagie Sandwich Salad Cup Carrot Sticks Fruit, Milk <b>1</b>	Waffles, Fruit, Cereal of Choice Fish Burger Cole Slaw Baked Beans Fruit, Milk <b>2</b>
Toast, Yogurt, Fruit, Cereal of Choice Chicken Spaghetti Green Beans Glazed Carrots, Fruit, Bread, Milk <b>12</b>	Breakfast Pizza, Fruit, Cereal of Choice Popcorn Chicken Mashed Potatoes Broccoli Fruit, Milk, Bread <b>13</b>	Waffles, Fruit, Cereal of Choice Beef Burritos Pinto Beans Garden Salad Fruit, Milk <b>14</b>	Breakfast Taco, Fruit, Cereal of Choice Corn Dogs Baked Beans Country Style Veg Bread. Milk <b>8</b>	Pancakes, Fruit, Cereal of Choice Pizza Garden Salad Carrot Sticks Fruit, Milk <b>9</b>
 <b>19</b>	Muffins, Fruit, Cereal of Choice Hot Dogs Baked Beans Carrot Sticks Fruit, Milk <b>20</b>	Sausage Rolls, Fruit, Cereal of Choice Beef Stroganoff Mashed Potatoes Green Beans, Fruit, Rolls, Milk <b>21</b>	Pancake Sausage Wrap, Fruit, Cereal of Choice Nachos Grande Fiesta Corn Pinto Beans Fruit, Milk <b>15</b>	 <b>16</b>
French Toast, Fruit, Cereal of Choice Popcorn Chicken Mashed Potatoes Green Beans Fruit. Bread. Milk <b>26</b>	Breakfast Pizza, Fruit, Cereal of Choice Meatball Sub Sweet Pot. Fries Cole Slaw Fruit, Milk <b>27</b>	Waffles, Fruit, Cereal of Choice Nachos Grande Fiesta Corn Pinto Beans Fruit, Milk <b>28</b>	Breakfast Pizza, Fruit, Cereal of Choice Chick Burger Burger Salad Cup Baked Beans Fruit. Milk <b>22</b>	Pancakes, Fruit, Cereal of Choice Fish Burger Cole Slaw Sweet Peas Fruit, Milk <b>23</b>
			Pancake Sausage Wrap, Fruit, Cereal of Choice Hoagie Sandwich Salad Cup Carrot Sticks, Chips Fruit, Milk <b>29</b>	 <b>30</b>

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

 +200

+100 

 +50



Fun facts on back! >