



# 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:**  
**KATZ N' KITTENS CAFE**  
 36-596-4821

A variety of juice and milk offer with breakfast. All menus are subject to change.

Muffins, Fruit, Cereal of Choice  
 Chicken Ciabatta Salad Cup  
 Baked Beans  
 Fruit, Milk **5**

Sausage Rolls, Fruit, Cereal of Choice  
 Meat & Spaghetti Garden Salad  
 Broccoli, Fruit  
 Garlic Bread. Milk **6**

Breakfast Pizza, Fruit, Cereal of Choice  
 Grilled Cheese  
 Veg. Noodle Soup  
 Carrot Sticks  
 Fruit, Milk **7**

Pancake Sausage Wrap, Fruit, Cereal of Choice  
 Chicken Spaghetti  
 Glazed Carrots  
 Green Beans, Fruit  
 Breadsticks, Milk **8**

Biscuits, Sausage, Fruit, Cereal of Choice  
 Sloppy Joes  
 Corn on the Cob  
 Cole Slaw  
 Fruit, Milk **9**

Toast, Yogurt, Fruit, Cereal of Choice  
 Popcorn Chicken  
 Mashed Potatoes  
 Country Style Veg. Bread, Fruit, Milk **12**

Breakfast Pizza, Fruit, Cereal of Choice  
 Nachos Grande  
 Salad Cup  
 Fiesta Corn  
 Fruit, Milk **13**

Waffles, Fruit, Cereal of Choice  
 Fish Sticks  
 Mac & Cheese  
 Peas, Carrots  
 Fruit, Milk, Bread **14**

Pancakes, Fruit, Cereal of Choice  
 Beef Stroganoff  
 Mashed Potatoes  
 Green Beans, Fruit  
 Rolls, Milk **8**

Breakfast Bagel, Fruit, Cereal of Choice  
 Cheese Burger  
 Burger Salad  
 French Fries  
 Fruit, Milk **9**

Pancake Sausage Wrap, Fruit, Cereal of Choice  
 Crispy Beef Tacos  
 Salad Cup, Pinto Beans, Spanish Rice  
 Fruit, Milk **15**

Biscuits, Sausage, Fruit, Cereal of Choice  
 Meat Ball/Fish Sub  
 Sweet Pot Fries  
 Cole Slaw  
 Fruit, Milk **16**

**NO SCHOOL**

Muffins, Fruit, Cereal of Choice  
 Hamburger  
 Burger Salad Cup  
 Tater Tots  
 Fruit, Milk **20**

Sausage Rolls, Fruit, Cereal of Choice  
 Chili Mac  
 Green Beans  
 Corn, Fruit  
 Bread Milk **21**

Breakfast Pizza, Fruit, Cereal of Choice  
 Chicken Fajitas  
 Fajita Salad Cup  
 Fiesta Corn  
 Fruit, Milk **22**

Pancakes, Fruit, Cereal of Choice  
 Pizza of Choice  
 Garden Salad  
 Carrot Sticks  
 Fruit, Milk **23**

French Toast, Fruit, Cereal of Choice  
 Chicken Nuggets  
 Mashed Potatoes  
 Country Style Veg  
 Fruit, Bread, Milk **26**

Breakfast Pizza, Fruit, Cereal of Choice  
 Beef Chalupas  
 Salad Cup  
 Fiesta Corn  
 Fruit, Milk **27**

Pancake Sausage Wrap, Fruit, Cereal of Choice  
 Chicken Spaghetti  
 Broccoli, Fruit  
 Glazed Carrots  
 Breadsticks, Milk **28**

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Valentine's Day

## Special Announcements

Congratulations to all of the Stock Show participants, they did an awesome job showing their stock show animals. We are in full swing of district basketball and play offs will be starting the best of luck to the teams and their coaches. Remember to stay active and keep eating healthy.

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**





## 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)

