

MARCH

Special Announcements

BREAKFAST MENU

SERVED DAILY

CEREAL W/ TOAST
 100% FRUIT JUICE
 CANNED FRUIT OR FRESH FRUIT
 FAT FREE CHOCOLATE MILK
 1% WHITE MILK

BREAKFAST PRICES

STUDENTS\$1.25
 STAFF.....\$1.50



YOU ART WHAT YOU EAT ART CONTEST
 CREATE & ENTER!
 VISIT SPPA.MEALS.ORG/ARTCONTEST
 FOR MORE DETAILS.

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

CANADIAN ISD BREAKFAST MENU

1 FRENCH TOAST STICKS / SAUSAGE OR BREAKFAST PARFAIT

2 EARLY BIRD SANDWICH OR BREAKFAST PIZZA

3 DUTCH WAFFLE W/ BACON OR BREAKFAST ROUND W/ YOGURT

6 PANCAKES W/ SAUSAGE OR MUFFIN W/ YOGURT

7 BREAKFAST PIZZA OR BREAKFAST STRUDEL

8 BISCUIT SCRAMBLED EGGS W/ SAUSAGE OR BREAKFAST PARFAIT

9 SAUSAGE KOLACHE W/ YOGURT OR ANIMAL CRACKERS W/

10 BREAKFAST CLUB OR EGG AND CHEESE SANDWICH

S C H O O L B R E A K F A S T W E E K

13

14

15

16

17

SPRING

BREAK

20

WAFFLES W/ BACON OR BREAKFAST ROUND W/ YOGURT

21

BISCUIT AND GRAVY SCRAMBLED EGGS W/ HAM OR BREAKFAST STRUDEL W/ CHEESE STICK

22

CINNAMON ROLL W/SAUSAGE OR BREAKFAST PARFAIT

23

SAUSAGE, EGG & CHEESE PRETZEL SANDWICH OR ANIMAL CRACKERS

24

BREAKFAST BURRITO OR BREAKFAST ROUND W/ YOGURT

27

SAUSAGE BISCUIT OR MUFFIN W/ YOGURT

28

BREAKFAST BOAT OR BREAKFAST STRUDEL W/CHEESE STICK

29

CHICKEN-N-WAFFLES OR BREAKFAST PARFAIT

30

STUFFED BAGEL W/SAUSAGE OR ANIMAL CRACKERS W/ CHEESE STICK

31

DUTCH WAFFLE W/ BACON OR BREAKFAST ROUND W/ YOGURT

Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



Joke of the Month

Q. What vegetable might you find in your basement?
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

