

# MARCH

## Special Announcements

Early Release - March 10, 2017

Spring Break- March 13 – 17, 2017

Student Holiday/Staff Development/High School UIL -  
March 21, 2017

All breakfasts are served with a choice of: 1% White Milk,  
Skim Milk, Fat Free Chocolate Milk, and/or Fat Free  
Strawberry Milk.

All breakfasts are served with a choice of fruit and/o  
100% fruit juice.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER BUD MILLER

YOU ART WHAT YOU EAT ART CONTEST  
CREATE & ENTER!  
VISIT [SQUAREMEALS.ORG/ARTCONTEST](http://SQUAREMEALS.ORG/ARTCONTEST)  
FOR MORE DETAILS.

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Whiteface Cons ISD

PK – 12<sup>th</sup> Grades

Breakfast Menu

1 French Toast  
Yogurt  
  
Fruit  
Juice  
Milk  
Ash Wednesday

2 Breakfast Burrito  
  
Fruit  
Juice  
Milk

3 Breakfast Strudel  
Cheese Stick  
  
Fruit  
Juice  
Milk  
Lent

6 Stuffed Bagel  
  
Fruit  
Juice  
Milk

7 Chicken-n-Waffle Stix  
  
Fruit  
Juice  
Milk

8 Breakfast Round  
Yogurt  
  
Fruit  
Juice  
Milk

9 Sausage Biscuit  
  
Fruit  
Juice  
Milk

10 Egg & Cheese Sandwich  
  
Fruit  
Juice  
Milk  
Lent

### SCHOOL BREAKFAST WEEK

13 Spring Break

14 Spring Break

15 Spring Break

16 Spring Break

17 Spring Break  
  
Lent

20 Cinnamon Pull-a-Parts  
Cheese Stick  
  
Fruit  
Juice  
Milk

21 Student Holiday  
Staff Development  
HS UIL/No School

22 Pancake Wrap  
  
Fruit  
Juice  
Milk

23 Breakfast Pizza  
  
Fruit  
Juice  
Milk

24 Waffle  
Cheese Stick  
  
Fruit  
Juice  
Milk  
Lent

27 French Toast  
Yogurt  
  
Fruit  
Juice  
Milk

28 Breakfast Burrito  
  
Fruit  
Juice  
Milk

29 Breakfast Strudel  
Cheese Stick  
  
Fruit  
Juice  
Milk

30 Sausage Kolache  
Cheese Stick  
  
Fruit  
Juice  
Milk

31 Mini Pancakes  
Yogurt  
  
Fruit  
Juice  
Milk  
Lent

# MARCH

## Special Announcements

Early Release - March 10, 2017

Spring Break - March 13 -17, 2017

Student Holiday/Staff Development/High School UIL -  
March 21, 2017

All lunches are served with a choice of: 1% White Milk,  
Skim Milk, Fat Free Chocolate Milk, and/or Fat Free  
Strawberry Milk.  
Lunch is served with a choice of fruit and/or 100% fruit  
juice.



Texas Department of Agriculture  
Commissioner Sid Miller

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CREATE & ENTER!  
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FOR MORE DETAILS.

FEED PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Whiteface Cons ISD

PK – 12<sup>th</sup> Grades

Lunch Menu

1 Grilled Cheese Sandwich  
Tomato Soup  
Cucumber Dippers  
Tiny Tomato Cup  
Pears  
Lime Sherbet

Ash Wednesday

2 Salisbury Steak  
Brown Gravy  
Biscuit  
Roasted Potatoes  
Garden Salad  
Fruity Gelatin

3 Cheese Pizza  
Baby Carrots w/Ranch  
Broccoli Bites w/Chery  
Tomatoes  
Fresh Seasonal Fruit  
Cookie

Lent

6 Spaghetti Bowl  
Breadstick  
Garden Salad  
California Blend Vegetables  
Sliced Peaches  
Chocolate or Vanilla Pudding

7 Steak Fingers  
Cream Gravy  
Roll  
Mashed Potatoes  
Carrot Coins  
Rosy Applesauce

8 Chicken Fajitas  
Salsa  
Seasoned Corn  
Charro Beans  
Lettuce & Tomato Garnish  
Orange Smiles

9 Popcorn Chicken  
Roll  
Tater Tots  
Cucumber Dippers  
Pineapple Tidbits  
Cookie

10 Pizza  
Broccoli Bites  
Baby Carrots w/Ranch  
Apple Slices  
  
Lent/Early Release

### SCHOOL BREAKFAST WEEK

13 Spring Break

14 Spring Break

15 Spring Break

16 Spring Break

17 Spring Break

20 Philly Cheese Steak  
Sandwich  
Tater Tots  
Savory Green Beans  
Apple-Pineapple D'Lite

21 Student Holiday  
Staff Development  
  
HS UIL  
No School

22 Texas Basket  
(Steak Fingers)  
Roll/Cream Gravy  
Tater Tots  
Carrot Coins  
Apple Slices  
Cookie

23 Asian Bowl  
Brown Rice  
Eggroll  
Tomato-Cucumber Cup  
Garden Salad  
Snowball Salad

24 Fish Strips  
Texas Toast  
Coleslaw  
Charro Beans  
Orange Smiles  
  
Lent

27 Meatball Sub Sandwich  
Tater Tots  
Fresh Veggie Cup  
Strawberry or Peach Cup  
Chocolate or Vanilla Pudding

28 Taquitos & Cheese  
Charro Beans  
Garden Salad  
Apple Slices

29 Corn Dog  
Tater Tots  
Baby Carrots w/Ranch  
Sliced Peaches  
Crispy Cereal Treat

30 Chicken Nuggets  
Macaroni & Cheese  
Savory Green Beans  
Broccoli Bites  
Apple Slices

31 Pizza  
Garden Salad  
Tiny Tomato Cup  
Fruit Cup  
  
Lent



# 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!

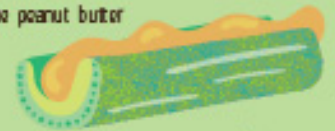
### Step 1:

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](http://SquareMeals.org/SeasonalityWheel)

