

# FEBRUARY



A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements

February 13, 2017 – Staff Development/Bad Weather Day

Breakfast is served with a choice of 1% White Milk, Skim Milk, Fat Free Chocolate Milk, or Fat Free Strawberry Milk.

Breakfast is served with a choice of: fruit and/or 100% fruit juice.



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast Week is next Month!

1  
Pancake Wrap  
  
Fruit Juice  
Milk

2  
Breakfast Muffin  
Yogurt  
  
Fruit Juice  
Milk

3  
Cinnamon Pull-a-Part  
Cheese Stick  
  
Fruit Juice  
Milk

6  
Breakfast Burrito  
  
Fruit Juice  
Milk

7  
French Toast  
Yogurt  
  
Fruit Juice  
Milk

8  
Mini Pancakes  
Yogurt  
  
Fruit Juice  
Milk

9  
Breakfast Strudel  
Cheese Stick  
  
Fruit Juice  
Milk

10  
Sausage Kolache  
Cheese Stick  
  
Fruit Juice  
Milk

13  
Staff Development  
Bad Weather Day

14  
Sausage Biscuit  
  
Fruit Juice  
Milk  
  
VALENTINES DAY

15  
Breakfast Sliders  
  
Fruit Juice  
Milk

16  
Waffles  
Yogurt  
  
Fruit Juice  
Milk

17  
Egg & Cheese Sandwich  
  
Fruit Juice  
Milk

20  
Breakfast Muffin  
Yogurt  
  
Fruit Juice  
Milk

21  
Cinnamon Pull-a-Parts  
Cheese Stick  
  
Fruit Juice  
Milk

22  
Pancake Wrap  
  
Fruit Juice  
Milk

23  
Breakfast Pizza  
  
Fruit Juice  
Milk

24  
Waffle  
Cheese Stick  
  
Fruit Juice  
Milk

27  
Mini Pancakes  
Yogurt  
  
Fruit Juice  
Milk

28  
Sausage Kolache  
Cheese Stick  
  
Fruit Juice  
Milk

### Good Eats At:

Whiteface Cons ISD  
PK – 12<sup>th</sup> Grades

Breakfast Menu

# FEBRUARY

A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements

February 13, 2017 – Bad Weather Day/Staff Development

Lunch is 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.



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast  
Week is next Month!

1 BBQ on a Bun  
Coleslaw  
Charro Beans  
Orange Smiles

2 Popcorn Chicken  
Brown Gravy  
Roll  
Mashed Potatoes  
Seasoned Corn  
Savory Green Beans  
Apple-Pineapple D'Lite

3 Texas Basket  
(Fish Strips)  
Roll  
Tater Tots  
Baby Carrots w/Ranch  
Apple Slices  
Cookie

6 Pizza  
Garden Salad  
Tiny Tomato Cup  
Peach Cup

7 Chicken Nugget  
Macaroni & Cheese  
Savory Green Beans  
Broccoli Bites  
Apple-Pineapple D'Lite

8 Corn Dog  
Tater Tots  
Baby Carrotsw/Ranch  
Sliced Peaches  
Crispy Cereal Treat

9 Crunchy Tacos  
Salsa  
Lettuce & Tomato Garnish  
Charro Beans  
Garden Salad  
Rosy Applesauce

10 Meatball Sub Sandwich  
Tater Tots  
Fresh Veggie Cup  
Orange Smiles  
Chocolate or Vanilla Pudding

13 Bad Weather Day/Staff  
Development  
Student Holiday  
No School

14 Country Fried Steak w/ Gravy  
Roll  
Mashed Potatoes  
Savory Green Beans  
Strawberry Cup

15 Soft Tacos/Salsa  
Lettuce & Tomato Garnish  
Baby Carrots w/Ranch  
Seasoned Corn  
Diced Peaches  
Cookie

16 Pizza  
Garden Salad  
Vegetable Medley  
Orange Smiles

17 Meat & Cheese Tostadas  
Salsa  
Lettuce & Tomato Garnish  
Zesty Cucumbers  
Refried Beans  
Rosy Applesauce

20 Stuffed Baked Potato  
Roll  
Baked Beans  
Broccoli Bites  
Apple-Pineapple D'Lite

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

22 Hot Dog  
Corn Chips  
Baby Carrots w/Ranch  
Broccoli Bites w/Cherry  
Tomatoes  
Pineapple Tidbits  
Cookie

23 Nachos Grande/Salsa  
Lettuce & Tomato Garnish  
Refried Beans  
Cucumber Dippers  
Tiny Tomato Cup  
Diced Pears  
Lime Sherbet

24 Chicken Sandwich  
Lettuce & Tomato Garnish  
Tater Tots  
Fresh Veggie Cup  
Mandarin Oranges

27 Corn Dog  
Tater Tots  
Baked Beans  
Broccoli Bites  
Apple-Pineapple D'Lite

28 Chicken Sandwich  
Lettuce & Tomato Garnish  
Tater Tots  
Fresh Veggie Cup  
Mandarin Oranges

## Good Eats At:

Whiteface Cons ISD  
Pre-K - 12<sup>th</sup> Grades

Lunch Menu



# Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



## Fun Fact

Blackberries, unlike raspberries have a solid center when they are pulled off the 'cane'.

FIND YOUR WAY TO THE GOLD STAR!

START



## Joke of the Month

Q. What do you call a sad berry?  
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.

# Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July



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