

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

February 20, 2017-No School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>YEE-HAW! School Breakfast Week is next Month!</p>		<p>1 Chicken-n-waffles, fruit, juice, milk</p> <p>Pizza, garden salad, tiny tomato cup, fruit cup, milk</p>	<p>2 Stuffed bagel, sausage, fruit, juice, milk</p> <p>Asian Stir-Fry, flatbread, broccoli, apple slice, milk</p>	<p>3 Dutch waffle, bacon, juice, fruit, milk</p> <p>Hamburger w/garnish, oven fries, baby carrots, sliced peaches, crispy cereal treat, milk</p>
<p>6 Sausage kolache, yogurt, fruit, juice, milk</p> <p>Country fried steak, mashed potatoes, green beans, strawberry cup, roll, milk</p>	<p>7 Cheese omelet wrap, fruit, juice, milk</p> <p>Enchiladas, salsa, zesty cucumbers, refried beans, lettuce & tomato garnish, applesauce, milk</p>	<p>8 Breakfast pizza, fruit, juice, milk</p> <p>Pizza, garden salad, vegetable medley, orange smiles, milk</p>	<p>9 Waffles, sausage, fruit, juice, milk</p> <p>Soft tacos, baby carrots, mexicali corn, salsa, lettuce & tomato, peaches, cookie, milk</p>	<p>10 Cinnamon roll, bacon, fruit, juice, milk</p> <p>Chicken strips, texas toast, gravy, coleslaw, sweet potato fries, apple slices, milk</p>
<p>13 Pancakes, bacon, fruit, juice, milk</p> <p>Corn dog & tots, baked beans, broccoli bites, apple-d'lite, milk</p>	<p>14 Sunrise sandwich, fruit, juice, milk</p> <p>Nachos grande, refried beans, salsa, lettuce & tomato garnish, cucumber dippers, tiny tomato cup, pears, lime shebert cup, milk</p> <p>VALENTINES DAY</p>	<p>15 Bisuit & gravey, scrambled eggs, sausage</p> <p>X-Treme Burrito, seasoned corn, salsa, veggie cup, lettuce & tomato garnish, mandarin oranges, milk</p>	<p>16 Breakfast strudel and yogurt, fruit, juice, milk</p> <p>Salisbury steak, brown gravy, biscuit, roasted potatoes, garden salad, fruity gelatin, milk</p>	<p>17 Breakfast burrito, fruit, juice, milk</p> <p>Hot dog, corn chips, baby carrots, broccoli salad, fresh grapes, cookie, milk</p>
<p>20</p> <p>NO SCHOOL</p>	<p>21 Chicken-n-biscuit, fruit, juice, milk</p> <p>Asian bowl, eggroll, baby carrots, steamed broccoli, chilled pineapple, cookie, milk</p>	<p>22 French toast, sausage, fruit, juice, milk</p> <p>Chicken fajitas, lettuce & tomato garnish, refried beans, salsa, tiny tomato cup, hot cinnamon apples, milk</p>	<p>23 Breakfast pizza, fruit, juice, milk</p> <p>Hamburger w/garnish, oven fries, veggie cup, orange smiles, milk</p>	<p>24 Dutch waffle, bacon, fruit, juice, milk</p> <p>Pull pork slider, multi-grain chips, coleslaw, green beans, apple slices, milk</p>
<p>27 Pancakes, sausage, fruit, juice, milk</p> <p>Steak fingers, roll, mashed potatoes, gravy, carrot coins, strawberries & bananas, milk</p>	<p>28 Breakfast boat, fruit, juice, milk</p> <p>French bread pizza, garden salad, California blend vegetables, sliced peaches, chocolate pudding, milk</p>		<p>Good Eats At:</p> <p>KRESS ISD</p>	

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