

MARCH

Special Announcements

Breakfast Menu
Serving Time 7:15 to 7:45

- Monday Cereal, Toast, Fruit, Juice, Milk
- Tuesday Waffles, Fruit, Juice, Milk
- Wednesday Toasted Cheese Sandwich,
Fruit, Juice, Milk
- Thursday Pancakes, Fruit, Juice, Milk
- Friday Biscuit, Sausage Patty, Fruit, Juice,
Milk

***Menu subject to change



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Westphalia ISD

1 Fish Nuggets
Broccoli
Mashed Potatoes
Peach slices
Breadstick
Milk

2 Salisbury Steak
Brown Rice, Gravy
Sweet Peas
Corn
Mixed Fruit
Milk

3 Vegetable Soup
Toasted cheese
Sandwich
Baby Carrots
Apple
W Crackers
Milk

6 Hamburger
French Fries
Lettuce/tomatoes
Orange
Milk

7 Chicken Ring
Mashed Potatoes, Gravy
Broccoli
Mixed Fruit
Wheat Roll
Milk

8 Taco Salad
Brown Beans
Lettuce/tomatoes
Strawberry Cup
Spanish Rice, Milk

9 Lasagna
Green beans
Baked Carrots
Pear Slices
Breadstick, Milk

10 Catfish Strips
Baked Beans
Garden Salad
Apple
Milk

SCHOOL BREAKFAST WEEK

13

14

15
Spring Break

16

17

20 Corn Dog
Tater tots
Garden salad
Mixed Fruit
Milk

21 Frito Pie
Brown Beans
Corn
Applesauce
Cornbread
Milk

22 Chicken Tenders
Mashed Potatoes
Gravy
Broccoli, Banana,
Wheat Roll,
Milk

23 Spaghetti/
Meat Sauce
Green Beans
Cucumber slices
Pineapples
Breadstick
Milk

24 Fish Burger
Baked Beans
Lettuce/ Tomatoes
Baby Carrots
Orange
Milk

27 Chicken on Bun
French Fries
Garden Salad
Apple
Milk

28 Tacos
Brown Beans
Lettuce/tomatoes
Apricot Cup
Spanish Rice
Milk

29 Chicken Alfredo
Green Beans
Fresh Tomatoes
Pear Slices
W Roll
Milk

30 Sliced Ham
Macaroni & cheese
Sweet Peas
Peach slices
Breadstick
Milk

31 Cheese Pizza
Corn
Baked Beans
Mandarin Oranges
Milk

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

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!



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.

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