



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

SCHOOL BREAKFAST WEEK

IS NEXT MONTH!

MARCH 5-9

squaremeals.org/sbw

+200



Good Eats at:

Westphalia ISD

214

Valentine's Day

Holiday

5

Spaghetti/Meat Sauce
Corn
Applesauce
Breadstick
Milk

6

Chicken Nuggets
Mashed Potatoes
Gravy
Broccoli
Peach Slices
Wheat Roll, Milk

7

Tacos Salad
Spanish rice
Refried Beans
Lettuce/tomatoes
Mandarin Oranges
Milk

8

Hamburger
French Fries
Lettuce/tomatoes
Banana
Milk

9

Steak Fingers
Mashed Potatoes
Gravy
Pineapple
Roll, Milk

12

Chicken Spaghetti
Corn
Peach slices
Breadstick
Milk

13

Fish Nuggets
Macaroni & Cheese
Green Beans
Mixed Fruit
Milk

14

Salisbury Steak
Brown Rice,
Gravy
Broccoli
Orange
Milk

15

Vegetable Soup
Toasted cheese
Sandwich
Apple
Crackers
Milk

16

Holiday

19

Sliced Ham
Green Beans
Macaroni & cheese
Mixed Fruit
Milk

20

Chicken Rings
Mashed Potatoes
Gravy
Broccoli
Pear Slices, Roll
Milk

21

Taco Soup
Cheese Stick
Pineapples
Crackers
Milk

22

Cheese Pizza
Pork & Beans
Banana
Milk

23

Pulled Pork on Bun
French Fries
Baby Carrots
Apple
Milk

26

Beef Tacos
Brown Beans
Lettuce/tomatoes
Pear Slices
Spanish Rice
Milk

27

Chicken Strips
Mashed Potatoes
Gravy
Broccoli
Peach Slices
Wheat Roll
Milk

28

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts on back!



Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.



MAZE

Find your way to the red leaf lettuce



FUN FACT

Did you know lettuce is a member of the sunflower family?

Launch PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

Joke of the MONTH

Knock Knock!

Who's there?

Lettuce.

Lettuce who?

Lettuce in, we're freezing.



Tuna Appie Salad SANDWICH

INGREDIENTS

1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ⅛ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

PREPARATION

1. Cut apple in quarters; remove core and chop. **2.** In a medium-sized bowl, mix all salad ingredients, except tuna. **3.** Gently fold in tuna. **4.** Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of:
www.whatscooking.fns.usda.gov