

Special Announcements

*March 12th-18th, 2017 - National CACFP, Child and Adult Care Food Program, week.

*Milk – Whole/2% - children ages 1-2 1%/Skim - children ages 2 and older

*March 17th – Saint Patrick's Day

*March 20th – First Day of Spring



Monday

Tuesday

Wednesday

Thursday

B: Kix Cereal, Sliced

Pears, Milk

L: Ham/Cheese,

Let/Tom., Mandarin

Oranges, Bun, Milk

S: Granola, yogurt

Friday

Good Eats At:

*http://www.smartschoolhouse.com/easyrecipe/back-to-school-breakfast-recipes/4

*https://snapguide.com/guides/make-octopusspaghetti/

B: WG Waffles. Blueberries, Milk L: Tuna, Peas, Mandarin Oranges, Pita, Milk S: Strawberries, Animal Crackers

B: Biscuit, Fruit Cocktail, Milk

L: Hamburger, Green beans, Pineapple, WW Roll, Milk

S: Cinnamon Toast, Milk

B: Oatmeal, Peaches, & Milk

L: Cheese, Let/Tom., Apple Slices, Tortilla, Milk

S: Ice Cream Sandwich & Milk

B: French Toast, Peaches, Milk

L: Ham, Scalloped Pot, Broccoli, Roll S: Banana, Triscuits

B: Corn Muffin, Apricot Halves, Milk

L: Parmesan Chicken, Tomato Sauce, Mixed Veg, Spaghetti, Milk

S: Cottage Cheese, Melba

Milk

B: English Muffin, Grapes, Milk

B: BB Muffin, Sliced

L: Chicken, Refried

S: Ants on a Log

Beans, Grapes, Tortilla,

Peaches, Milk

L: Chicken Nuggets, Peas/Carrots, Apple Slices, Dinner, Roll, Milk

S: AJ, Soft Pretzel

B: Raisin Toast, Banana, Milk

L: HM Baked Mac N Cheese, Orange Slices, Pepper Strips, Milk S: Fruit Cup, Pretzels

B: Crisp-Rice Cereal, Banana, Milk L: Baked Chic, Mashed Pot, Carrot Sticks,

Stuffing, Milk S: Cheese Stick, Rice Cake

B: Oatmeal, Grapefruit, Milk

L: Fish Sticks, Pear Halves, Spinach, Cornbread, Milk

S: Pineapple Juice, Hard Pretzels

B: Cream of Wheat, OJ,

L: Ground Beef, Sloppy Joe Sauce, Corn, Bun, Milk

S: Waffles, PB

B: Green Pancakes, Green AS, Milk

L: Green Eggs, Broccoli, Green Peppers, WW Toast, Milk

S: Green Rice Krispie

Treats, Green apple

B: Nutella & Banana Sushi, Milk L: Octopus Spaghetti,

Peas, Applesauce, Milk S:Rainbow Fruit, Milk

B: WW Toast, Fruit Cup, Milk

L: Ground Beef, Garden Salad, Tomato Sauce, Spaghetti, Milk

S: PB Cookie, Milk

B: Carrot Muffin, Pineapple, Milk L: PB&Jelly/ Bean Soup, Cantaloupe, Carrots, Saltines, Milk

S: Milk, Goldfish Crackers

B: Pancake, AS, Milk L: Beef Roast, Sweet Pot., Spinach, Cornbread, Milk

S: Apple Slices, Rice Cakes

B: Corn Chex, Cantaloupe, Milk

L: Baked Fish, Corn, Green Beans, Mac. Salad

S: Cheese Cubes, Saltines

B: Bagel, Strawberries,

L: Egg Salad, Cucumbers, Blueberries, WW Bread, Milk

S: Yogurt, Fruit Cocktail

B: Cheerios, Cran-apple Juice, Milk

L: Chicken, Watermelon, Let/Tom, WW Roll, Milk S: Kiwi, Breadsticks

B: Toast, AJ, Milk L: Turkey Sandwich, Baked Beans, Pineapple, Roll, Milk

S: Hummus, Pita Bread

B: Cheerios, Pineapple Rings, Milk L: Stir Fry Chicken,

Broccoli, Snow Peas, Rice S: Grape Juice, Wheat Crackers

B: Kix Cereal, Cherries, Milk

L: Hamburger, Corn, Cantaloupe, WW Roll, Milk

S: Granola, yogurt

(Sna)ctivity

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

Grawing Months: April through Revember

Did You



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 Boalthy Troat: You can spread poanut butter inside the colony stalk and add raising on top and call it "ants on a log." Ask an adult for holp making this healthy snack!

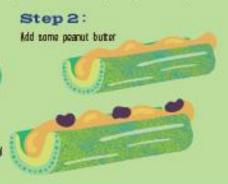
Step 1:

Get some fresh Texas colony



Step 3:

Lastly add frosh raisins, Enjoy



Joke of the Month

Q. What vegetable might you find in your basement? see answer below.



Crowing 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

Grawing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

