



# FEBRUARY 2018

MON

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FRI

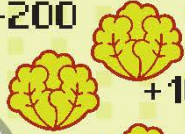
**SCHOOL BREAKFAST WEEK**

IS NEXT MONTH!

MARCH 5-9

[squaremeals.org/sbw](http://squaremeals.org/sbw)

+200



+100



+50

NOTE:

MILK VARIETY AND FRESH/CHILLED FRUIT SERVED DAILY

2.14

Valentine's Day

Conchas

5

Cinnamon Rolls

6

Breakfast Burritos

7

Sausage Biscuit

1

Cereal

2

Baker's Choice

8

Marranito

9

Muffin

12

Sausage Biscuit

13

Hot Cereal

14

Sausage Roll

15

Waffles

16

NO SCHOOL



19

Cereal

20

Breakfast Burritos

21

Managers Choice

22

Ham & Cheese Croissant

23

Pancakes

26

Cinnamon Rolls

27

Yogurt Parfait

28

Special Announcements



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

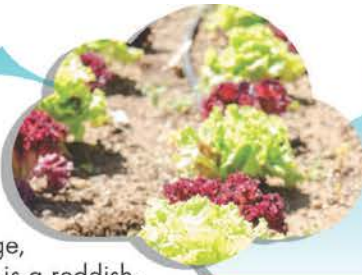


Fun facts on back!



## 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 Apple 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](http://www.whatscooking.fns.usda.gov)