



# FEBRUARY 2018

MON

TUE

WED

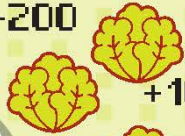
THUR

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

CHOICE

CHOICE

CHOICE

CHOICE

CHOICE

**SPECIAL ANNOUNCEMENTS**

Health on the Go! (Daily Subs & Salads)

Monday: Buffalo

Tuesday: Southwest

Wednesday: Hot Cheeto

Thursday: Mandarin

Friday: Buffalo

Nachos Supreme  
Garden Salad, Beans, (Pasta HS/MS Only)  
5

Manager's Choice  
Cucumbers, Corn  
6

Deli Sandwich  
Baby Carrots, Broccoli Bites  
Chips  
7

Popcorn Chicken  
Hot Roll, Celery Sticks, Sweet Potato Fries  
Chili Cheese Dog  
8

Spaghetti & Meat Balls  
Hot Roll, Broccoli Bites, Garden Salad  
Meatball Sub  
9

Corn Dog  
Potato Rounds, Baby Carrots  
Cheese Melt  
12

Fish Hot Roll/ BBQ Rib Sandwich  
Coleslaw, Pinto Beans  
13

Asian Cuisine (Hot Roll HS/MS),  
Rice or Noodles, Baby Carrots, Celery Stick  
14

Hamburger w/ Garnish  
Potato Rounds, Baby Carrots  
Texas Combo Basket  
15

Pizza  
Cucumbers, Broccoli Bites  
16

NO SCHOOL  
  
19

Chicken Posole  
Hot Roll, Cabbage, Relish, Baby Carrots  
20

Beef Lasagna  
Hot Roll, Garden Salad, Cucumbers, Jell-O  
21

Chicken Nuggets  
Hot Roll, Broccoli Bites, Mashed Potatoes w/ Gravy  
Steak Fingers  
22

Pizza  
Cucumbers, Celery Sticks  
23

Nachos Supreme  
Pinto Beans, Baby Carrots (Pasta MS/HS)  
26

Grilled Ham & Cheese  
Vegetable Soup, Cucumbers  
Italian Spicy Sandwich  
27

Managers Choice  
28

CHOICE



Fun facts on back!



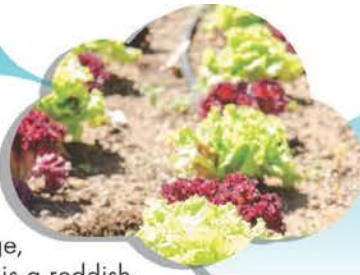
TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER





## 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)