

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

DAILY ALTERNATE MEAL
CHOICE
GRAPE OR STRAWBERRY
PBJ SANDWICH
FRUIT
VEGETABLE
MILK VARIETY



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast
Week is next Month!

1 Chicken alfredo
Breadstick
Tuscan vegetables
Baby carrots
Apple slices
Cookie
Milk variety

2 Fish strips
Texas toast
Coleslaw
Pinto beans
Orange smiles
Milk variety

3 Pizza choice
Broccoli bites
Baby carrots
Mixed fruit
Milk variety

6 Taquitos & Queso
Charro beans
Garden salad
Hot cinnamon apples
Milk variety

7 Chili cheese combo
Fresh veggie cup
Fresh seasonal fruit
Chocolate/vanilla
pudding
Milk variety

8 Fiesta bowl
Garden salad
Tiny tomato cups
Fruit cup
Milk variety

9 Chicken nuggets
Mac and cheese
Savory green beans
Broccoli
Apple slices
Milk variety

10 Cheeseburgers
Hamburger salad
Oven fries
Baby carrots
Sliced peaches
Crispy cereal treat
Milk variety

13 Country fried steak
Gravy
Mash potatoes
Savory green beans
Strawberry cup
Roll
Milk variety

14 Meat & cheese tostadas
Salsa, garden salad
Zesty cucumbers
Refried beans
Rosy applesauce, milk

VALENTINES DAY

15 Pizza choice
Garden salad
Vegetable medley
Orange smiles
Milk variety

16 Soft tacos
Baby carrots
Mexicali corn
Salsa, Garden salad
Peaches
Milk variety

17 Cheeseburgers
Hamburger salad
Baby carrots
French fries
Apple slices
Milk variety

20 No school
Staff development day

21 Nachos Grande
Refried beans
Salsa
Garden salad
Cucumber dippers
Tiny tomato cup, pears
Milk variety

22 Pizza choice
Baby carrots
Crunchy broccoli salad
Fresh grapes
Cookie
Milk variety

23 Salisbury steak
Biscuit
Brown gravy
Roasted potatoes
Garden salad
Fruity gelatin
Milk variety

24 Chicken sandwich
Oven fries
Fresh veggie cup
Garden salad
Mandarin oranges
Milk variety

27 Chicken nuggets
Mashed potatoes
Roll
Garden salad
Tuscan vegetables
Fresh seasonal fruit
Milk variety

28 Orange chicken
Eggroll
Baby carrots
Steamed broccoli
Chilled pineapple
Sugar cookie
Milk variety

Good Eats At:

Zephyr ISD

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OPPORTUNITY PROVIDER.

Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



Fun Fact

Blackberries, unlike raspberries, have a solid center when they are pulled off the 'cane'.

Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: SquareMeals.org/SeasonalityWheel



Activities

FIND YOUR WAY TO THE GOLD STAR!

START



Joke of the Month

Q. What do you call a sad berry?
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.