



FEBRUARY 2018

MON

TUE

WED

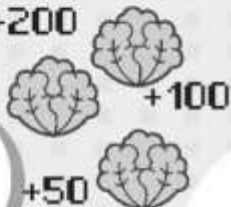
THUR

FRI

SCHOOL BREAKFAST WEEK

IS NEXT MONTH!
MARCH 5-9
squaremeals.org/sbw

+200



+100

+50

Good Eats at:
NEW HOME ISD.
LUNCH MENU

214

Valentine's Day

<p>Chicken Fried Steak Gravy Or Meatloaf Or Chicken Fajita Salad Mashed Potatoes Okra Roll Strawberry Cup 5</p>	<p>Meat & Cheese Chalupa Or Enchiladas or Chicken Fajita Salad Salsa Zesty Cucumbers Refried Beans Lettuce /Tomato Rosy Applesauce 6</p>	<p>Chicken Tenders Or HB/Cheeseburger Or Chicken Fajita Salad Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat 7</p>	<p>Asian Bowl Eggroll Or Salisbury Steak Biscuit Brown Gravy Roasted Potatoes Or Santa Fe Salad Garden Salad Fruity Gelatin 1</p>	<p>Pizza Choice Or Ham & Cheese Melt Or Santa Fe Salad Baby Carrots Crunchy Broccoli Fresh Seasonal Fruit Brownie 2</p>
<p>Texas Basket Steak Fingers, Fries) Or HB or Cheeseburger HB Garnish Oven Fries Or Chef Salad Fresh Veggie Cup Mixed Fruit 12</p>	<p>Tex-Mex Stack Or Chicken Fajitas Or Chef Salad Charro Beans Tiny Tomato Cup Salsa Lettuce/Tomato Hot Cinnamon Applesauce 13</p>	<p>Chicken Alfredo Breadstick Or Calzone Or Chef Salad Tuscan Vegetables Garden Salad Peaches Cookie 14</p>	<p>Chicken Spaghetti Breadstick or Pizza Choice or Chicken Fajita Salad Garden Salad Carrots Apple Slices 8</p>	<p>Shrimp Poppers Mac & Cheese Or BBQ on a Bun Or Chicken Fajita Salad Coleslaw Savory Green Beans Orange Smiles 9</p>
<p>NO SCHOOL 19</p>	<p>Enchiladas Or Taquitos Queso Or Asian Salad Charro Beans Seasoned Corn Salsa Fresh Seasonal Fruit Fruit Crisp 20</p>	<p>Meatball Sub Sandwich Potato Rounds Or Chili Cheese Combo Or Asian Salad Fresh Veggie Cup Mixed Fruit 21</p>	<p>Grilled Cheese Sandwich Multi-Grain Chips Or Country Pot Pie Or Chef Salad Broccoli Bites Fresh Veggie Cup Snowball Salad 15</p>	<p>Chicken Bowl Roll Or Roast Beef Sandwich Mashed Potatoes Brown Gravy Or Chef Salad Savory Green Beans Apple Slices 16</p>
<p>Steak Fingers Gravy Or Breaded Pork Chop Gravy Or Caribbean Salad Mashed Potatoes Carrot Coins Roll Strawberries and Banana 26</p>	<p>Spaghetti Bowl Breadstick Or French Bread Pizza Marinara Sauce Or Caribbean Salad Garden Salad Cali Blend Vegetables Fruit Cup Cholate Pudding 27</p>	<p>Boneless Chicken Wings Or Texas Chili Cornbread Or Caribbean Salad Celery Sticks Carrot Sticks Orange Smiles Brownie 28</p>	<p>Chicken Nuggets Mac & Cheese Savory Green Beans Or Asian Stir-Fry Flatbread Or Asian Salad Garden Salad Apple Slices Milk Variety 22</p>	<p>HB/Cheeseburger Hamburger Garnish Or Frito Pie Or Asian Salad Cucumber Slices Baby Carrots Cinnamon Applesauce Cookie 23</p>



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts on back!



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Good Eats at:

NEW HOME ISD.
BREAKFAST MENU

214

Valentine's Day

Waffles Bacon Or Breakfast Round Yogurt Fruit Juice Fruit Milk Variety 5	Cinnamon Roll Sausage Or PBJ Fruit Juice Fruit Milk Variety 6	Breakfast Pizza Or Cereal/Toast Fruit Juice Fruit Milk Variety 7	Sausage Kolache Yogurt Or Breakfast Cracker Cheese Stick Fruit Juice Fruit Milk Variety 1	Egg & Cheese Sandwich Or Breakfast Round Yogurt Fruit Juice Fruit Milk Variety 2
Sausage Biscuit Or Muffin/Yogurt Fruit Juice Fruit Milk Variety 12	Breakfast Combo Or Breakfast Strudel Cheese Stick Fruit Juice Fruit Milk Variety 13	Chicken -n- Waffles Or Breakfast Parfait Fruit Juice Fruit Milk Variety 14	Sausage, Egg & Cheese Sandwich Or PBJ Fruit Juice Fruit Milk Variety 8	Biscuit, Gravy Scrambled Eggs Or Cereal/Toast Fruit Juice Fruit Milk Variety 9
NO SCHOOL 19	Breakfast Pizza Or PBJ Fruit Juice Fruit Milk Variety 20	Chicken Biscuit Or Breakfast Parfait Fruit juice Fruit Milk Variety 21	Pancakes Sausage Or PBJ Fruit Juice Fruit Milk Variety 15	Dutch Waffle Bacon Or Cereal Variety Toast Fruit Juice Fruit Milk Variety 16
Pancakes Bacon Or Cereal Variety Toast Fruit juice Fruit Milk Variety 26	Sunrise Sandwich Or Breakfast Strudel Cheese Stick Fruit Juice Fruit Milk Variety 27	French Toast Sausage Or Muffin/ yogurt Fruit Juice Fruit Milk Variety 28	Pancake Wrap Yogurt Or PBJ Fruit Juice Fruit Milk Variety 22	Cinnamon Roll Sausage Or Cereal Variety Toast Fruit Juice Juice 23

Special Announcements



Fun facts on back!



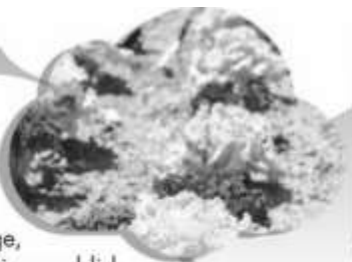
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Red Leaf LETTUCE

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