

# MARCH 2018

MON

TUE

WED

THUR

FRI

## Special Announcements

Have a fun but safe Spring Break!!!  
From the Lunch Ladies.  
See y'all back March 19<sup>th</sup>.

**'YOU ART WHAT YOU EAT'**  
ART CONTEST  
CREATE & ENTER!  
STARTS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

## Good Eats at:

New Home ISD.  
Lunch Menu

<p><b>Breaded Drumstick</b> Texas Toast Or <b>Pizza Choice</b> Baby Carrots Seasoned Corn Fresh Grapes Cookie <b>5</b></p>	<p><b>Crispy Tacos</b> Spanish Rice Or <b>Frito Pie</b> Fresh Veggie Cup Charro Beans Salsa Apple-Pineapple D'Lite Lettuce/Tomato Garnish <b>6</b></p>	<p><b>Hamburger/Cheeseburger</b> Hamburger Garnish Or <b>Hot Dog</b> Oven Fries Baby Carrots Orange Smiles <b>7</b></p>	<p><b>Mexican Combo Plate</b> (1Taco, Tamale, Spanish Rice) Or <b>Chicken Quesadilla</b> Spanish rice Or <b>Caribbean Salad</b> Mexicali corn Refried Beans Salsa Lettuce/Tomato Sliced Peaches <b>1</b></p>	<p><b>Popcorn Chicken</b> Roll Or <b>Sloppy Joe Sandwich</b> Or <b>Caribbean Salad</b> Broccoli Bites Oven Fries Fresh Seasonal Fruit <b>2</b></p>
<p>S  B <b>12</b></p>	<p>P  R <b>13</b></p>	<p>R  E <b>14</b></p>	<p>I N  A <b>15</b></p>	<p>EARLY RELEASE  G  K <b>16</b></p>
<p><b>Corn Dog</b> Tator Tots Or <b>Oven Roasted Chicken</b> Broccoli Bites Roll Or <b>Tuna Salad</b> Baked Beans Apple-Pineapple D'Lite <b>19</b></p>	<p><b>Nachos Grande</b> Refried Beans Salsa Lettuce /Tomato Or <b>Taco Soup</b> Cornbread Or <b>Tuna Salad</b> Tiny Tomato Cucumber Slices Peaches Lime Sherbet Cup <b>20</b></p>	<p><b>Chicken Sandwich</b> Oven Fries Or <b>X-Treme Burrito</b> Salsa Seasoned Corn Or <b>Tuna Salad</b> Fresh Veggie Cup Mandarin Oranges <b>21</b></p>	<p><b>Asian Bowl</b> Eggroll Or <b>Salisbury Steak</b> Biscuit Brown Gravy Roasted Potatoes Or <b>Tuna Salad</b> Garden Salad Fruity Gelatin <b>22</b></p>	<p><b>Pizza Choice</b> Or <b>Ham &amp;Cheese Melt</b> Multigrain Chips Or <b>Tuna Salad</b> Baby Carrots Crunchy Broccoli Salad Fresh Seasonal Fruit Brownie <b>23</b></p>
<p><b>Country Fried Steak</b> Gravy Or <b>Meatloaf</b> Mashed Potatoes Okra Roll Strawberry Cup <b>26</b></p>	<p><b>Chicken Tenders</b> Texas Toast Gravy Or <b>HB/ Cheeseburger</b> HB Garnish Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat <b>27</b></p>	<p><b>Chicken Spaghetti</b> Or <b>Pizza</b> Garden Salad Carrots Apple Slices <b>28</b></p>	<p><b>Fish Sticks</b> Mac &amp; Cheese Or <b>BBQ on a Bun</b> Coleslaw Savory Green Beans Orange Smiles <b>29</b></p>	<p>NO SCHOOL  <b>30</b></p>

**SCHOOL BREAKFAST WEEK**  
MARCH 5-9  
[squaremeals.org/sbw](http://squaremeals.org/sbw)

+200  
 +100  
 +50



Fun facts on back! >



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Special Announcements

Good Eats at:

New Home ISD.  
Breakfast Menu

Sausage Kolache  
Yogurt  
Or  
Cereal/Toast  
Fruit Juice  
Fruit  
Milk Variety **5**

Cheese Omelet/Toast  
Or  
Cereal Bar  
Yogurt  
Fruit Juice  
Fruit  
Milk Variety **6**

Waffles/Sausage  
Or  
Breakfast Parfait  
Fruit Juice  
Fruit  
Milk Variety **7**

Breakfast Pizza  
Or  
PBJ  
Fruit Juice  
Fruit  
Milk Variety **8**

Donut Holes/Sausage  
Or  
Muffin/Yogurt  
Fruit Juice  
Fruit  
Milk Variety **9**

12

13

14

15

16

Pancakes/Sausage  
Or  
Muffins/Yogurt  
Fruit Juice  
Fruit  
Milk Variety **19**

Breakfast Burrito  
Hash Browns  
Or  
PBJ  
Fruit Juice  
Fruit  
Milk Variety **20**

Biscuit, scrambled Egg,  
Bacon  
Or  
Cereal Variety  
Fruit Juice  
Fruit  
Milk Variety **21**

Sausage Kolache/Yogurt  
Or  
Breakfast  
Crackers/Cheese Stick  
Fruit Juice  
Fruit  
Milk Variety **22**

Biscuit, Gravy,  
Scrambled Egg  
or  
Breakfast Round  
Fruit Juice  
Fruit  
Milk Variety **23**

Waffles/Bacon  
Or  
Cereal/Toast  
Fruit Juice  
Fruit  
Milk Variety **26**

Cinnamon Rolls  
Sausage  
Or  
Muffin/Yogurt  
Fruit Juice  
Fruit  
Milk Variety **27**

Breakfast Pizza  
Or  
Breakfast Parfait  
Fruit Juice  
Fruit  
Milk Variety **28**

Sausage, Egg,  
Cheese, Sandwich  
Or  
PBJ  
Fruit Juice  
Fruit  
Milk Variety **29**

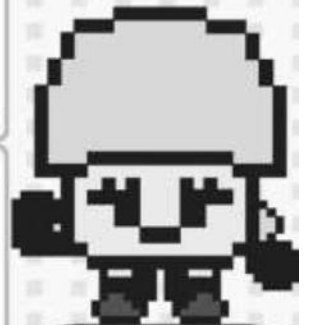
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# Button MUSHROOMS

Hey kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out of the ground and don't need sunlight. Button mushrooms were first grown in France nearly 300 years ago. We are used in a variety of foods throughout the world.

Despite being made up of around 90 percent water, we are sometimes thought of as the "meat" of the vegetable world. We are a low-calorie food that can be eaten raw, cooked or part of a larger meal.



**Danger ZONE!**

There are a few mushroom varieties found in the wild, called toadstools, which are very poisonous. So if you find a mushroom growing in the woods or the yard, don't eat it.



## Word SEARCH

Find the word Mushroom

C	W	E	R	A	C	B	L
M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
S	T	O	Q	E	N	A	X
H	O	B	R	Y	F	C	L
U	J	T	M	H	D	W	O
L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

## Launch PAD

BUTTON MUSHROOM GROWING REGIONS



1. East Texas
2. Central Texas



## CHALLENGE

This month try to do 10 push-ups every day, and play outside for at least 30 minutes three times a week.

## Fun FACT

There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.



## Joke of the MONTH

Q: What would a mushroom car say?

A: Shroom shroom!



## Work-out the ANSWER

- 1) To strengthen stomach muscles, I do lots of \_\_\_-ups.
- 2) My arms are getting stronger because I hang on the monkey \_\_\_\_\_ at school.
- 3) These shoes are great for \_\_\_\_\_ on the track.
- 4) I know it's a game, but swinging the \_\_\_\_\_ racket is great exercise.
- 5) I lift \_\_\_\_\_ at the gym to build strong muscles.



## Fun FACT

Long before trees grew all over the world, Earth was covered by giant mushrooms.