

MARCH 2018

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Special Announcements

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identify, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

Breakfast includes Fruit Juice & Ml
There is choice of Cereal & Graham Cracker every day.
In addition to daily fruit, High School grades 9-12 is offered fresh fruit or fruit juice

'You Art What You Eat'

ART CONTEST
CREATE & ENTER!

ST ARTS MARCH 18!

squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Good Eats at:

Santa Anna ISD Cafe

Menu subject to change without notice

X-Treme Burrito
Spanish rice (HS)
Charro Beans
Garden salad
Salsa
Fresh Apple Slices
Choice of Milk
Sausage Roll & Toast **5**

Chili Cheese Combo
Fresh Veggie Cup
Mixed Fruit
Cornbread
Cookie
Choice of Milk
BRK Pizza **6**

Chicken Nuggets
Mac & Cheese
Savory Green Beans
Garden salad
Peaches
Choice of Milk
BRK Burrito & hash Brown **7**

Country Pot Pie
Broccoli Bites
Fresh Veggie Cups
Snowball Salad
Choice of Milk
Pancake on Stick **1**

Hamburger /Cheese
Oven fries
Carrot sticks
HB garnish
Fresh apple slices
Choice of Milk
Muffin & Sausage Link **2**

Spring Break **12**

Spring Break **13**

Spring Break **14**

Spring Break **15**

Spring Break **16**

French Bread Pizza
Marinara Sauce
Garden Salad
California Blend Veggies
Fruit Cup
Vanilla/Chocolate Pudding
Choice of Milk
Pancake on a Stick **19**

Breaded Pork chops
Mashed potatoes
Carrot Coins
Roll
Strawberry & Bananas
Choice of Milk
BRK Burrito & Hash brown **20**

Boneless Chicken Wings
Celery Sticks/ salsa
Carrot Sticks
Orange Smiles
Brownie
Multi-grain Chips(HS)
Choice of Milk
FTS & Sausage Links **21**

Chicken Quesadilla
Spanish Rice (HS)
Pinto Beans
Garden Salad
Salsa
Hot cinnamon Apples
Choice of Milk
Biscuit & chicken patty **22**

BBQ on Bun
Coleslaw
Carrot Sticks
Baked chips
Orange Smiles
Choice of Milk
Muffin Sausage Links **23**

Chicken sandwich
Baked Beans
Cucumber cup
Mandarin orange
Choice of milk
Sausage Roll & Toast **26**

Pizza
Carrot Coins
Broccoli Bites
Fresh Orange
Brownie
Choice of Milk
BRK Pizza **27**

Salisbury Steak w/ brown gravy
Roasted Potatoes
Green beans
Fruity Jell-O
Biscuit
Choice of Milk
Pancake on Stick **28**

Nachos Grande /Salsa
Refried Beans
Garden Salad
Peaches
Lime Sherbet Cup
Choice of Milk
Biscuit & Sausage **29**

Corn Dogs
Tater Tots
Carrot sticks
Apple Pineapple D'lite
Choice of Milk
Cinnamon Roll
Sausage Links **30**

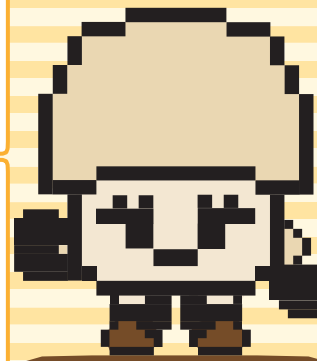
School Breakfast Week

MARCH 5-9
squaremeals.org/sbw

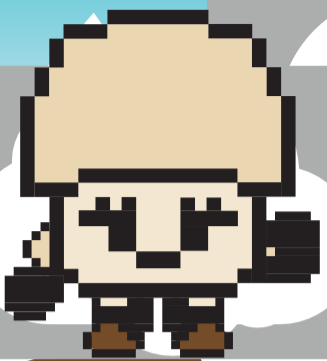
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Fun facts on back! >



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.



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: Sproom sproom!



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.

Answers: sit, bars, running, tennis, weights