

# MARCH 2018

MON

TUE

WED

THUR

FRI

Special Announcements

MENUS ARE SUBJECT TO CHANGE

\*CEREAL IS OFFERED DAILY @ BREAKFAST  
 \*MILK VARIETY IS OFFERED DAILY  
 \*\*FRESH FRUIT IS OFFERED TO HIGH SCHOOL STUDENTS DAILY

'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:  
**RISING STAR**  
 ISD

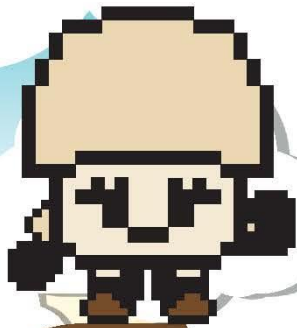
WAFFLES & SAUSAGE FRUIT/JUICE  POPCORN CHICKEN SWEETPOTATO TOTS GARDEN SALAD MIXED FRUIT SHERBET CUP <b>5</b>	CINNAMON ROLL & BACON FRUIT/JUICE  COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS BREADSTICK APPLESAUCE <b>6</b>	OATMEAL ROUNDS/YOGURT FRUIT/JUICE  CHICKEN ALFREDO CARROT STICKS GARDEN SALAD BREADSTICK DICED PEACHES <b>7</b>	EGG & CHEESE WRAP FRUIT/JUICE  TOASTED HAM & CHEESE TOMATO SOUP GARDEN SALAD APPLE PINEAPPLE COOKIE <b>1</b>	PANCAKE WRAP FRUIT/JUICE  PEPPERONI PIZZA CARROT STICKS GARDEN SALAD FRESH FRUIT <b>2</b>
BREAKFAST PIZZA FRUIT/JUICE  BEEFY NACHOS REFRIED BEANS GARDEN SALAD STRAWBERRY/BANANAS COOKIE <b>8</b>	BREAKFAST SANDWICH FRUIT/JUICE  CHICKEN SANDWICH BURGER SALAD POTATO ROUNDS CARROT STICKS FRESH FRUIT <b>9</b>	SPRING BREAK! <b>12</b>	SPRING BREAK! <b>13</b>	SPRING BREAK! <b>14</b>
PANCAKES & BACON FRUIT/JUICE  CORN DOG BAKED BEANS GARDEN SALAD STRAWBERRY CUP SHERBET CUP <b>19</b>	BREAKFAST COMBO FRUIT/JUICE  BREADED DRUMSTICK MASHED POTATOES GREEN BEANS BREADSTICK APPLESAUCE <b>20</b>	BREAKFAST PARFAIT FRUIT/JUICE  SPAGHETTI & MEATBALLS STEAMED CARROTS GARDEN SALAD BREADSTICK DICED PEACH CUP <b>21</b>	BREAKFAST POCKET FRUIT/JUICE  CHICKEN FAJITAS REFRIED BENS GARDEN SALAD MANDARIN ORANGES COOKIE <b>22</b>	SAUSAGE & BISCUIT FRUIT/JUICE  CHEESEBURGER BURGER SALAD POTATO ROUNDS BAKED BEANS FRESH FRUIT <b>23</b>
BREAKFAST BURRITO FRUIT/JUICE  TOASTED HAM & CHHESE TOMATO SOUP GARDEN SALAD MIXED FRUIT PUDDING <b>26</b>	FRENCH TOAST & BACON FRUIT/JUICE  SALISBURY STEAK MASHED POTATOES GREEN BEANS BREADSTICK APPLESAUCE <b>27</b>	CHICKEN N BISCUIT FRUIT/JUICE  CHICKEN/BROCCOLI PENNE STEAMED CARROTS GARDEN SALAD BREADSTICK DICED PEACHES <b>28</b>	EGG & CHEESE WRAP FRUIT/JUICE  FIESTA BOWL SEASONED CORN GARDEN SALAD APPLE PINEAPPLE COOKIE <b>29</b>	PANCAKE WRAP FRUIT/JUICE  PHILLE CHEESE SANDWICH POTATO ROUNDS GARDEN SALAD CUCUMBER CUP FRESH FRUIT <b>30</b>

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

 +200  
 +100  
 +50



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.



**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

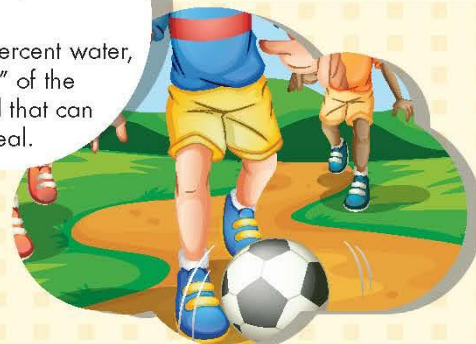
C	W	E	R	A	C	B	L
M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
S	T	O	Q	E	N	A	X
H	O	B	R	Y	F	C	L
U	J	T	M	H	D	W	O
L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

## 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.

Answers: sit, bars, running, tennis, weights