

# MARCH

2019

GOOD EATS AT

It's **GUS JUSTICE** to the rescue!

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**ART CONTEST CONTINUES**

**"You ART What You Eat"**  
Create and enter today!  
[SquareMeals.org/artcontest](http://SquareMeals.org/artcontest)

Brkf: Sausage Pancakes  
Lunch: Pizza 26  
Sweet Carrots 4  
Mixed Salad, 1.7 ranch  
Fresh Fruit 8

1

**PRE-K MENU ONLY**

**SPRING BREAK—  
March 11th-15th...**

**SCHOOL BREAKFAST WEEK**  
**MARCH 4-8**  
[SquareMeals.org/sbw](http://SquareMeals.org/sbw)

BRK: Cinnamon Roll 32  
Lunch: BBQ Rib 9  
Sandwich 24  
Baked Fries 8  
Lettuce, tomatoes, 1.7  
pickles 1  
Pears 12

4

BRK: Scrambled Eggs 2  
Lunch: Burrito's  
Pinto beans 7  
Spanish rice 25  
Mixed Salad 1.7, ranch  
Peaches 15

5

BRK: Cereal 23  
Lunch: Meatloaf 7  
Mashed potatoes 7  
English Peas 12  
WG Roll 24  
Baked Apples 12

6

BRK: Brk. Pizza  
Lunch: Chicken  
Smackers 24  
Sweet Yam 25  
Purple-hull Peas 16  
Mandarin Oranges 21

7

BRK: Cereal 23  
Lunch: Hamburgers 24  
Baked Tots 16  
Lettuce, tomatoes, 1.7  
pickles 2,  
Fresh Fruit 8  
Pudding 21

8

**SPECIAL ANNOUNCEMENTS**

OUT OF SCHOOL

11

SPRING BREAK

12

SPRING BREAK

13

SPRING BREAK

14

OUT OF SCHOOL

15

BRK: French toast 25  
Lunch: Hot Dogs 28  
Baked Tots 16  
Pork n Beans 22  
Peaches 15

18

BRK: Egg fritatta  
Lunch: Chicken Taco 22  
Tuesday  
Pinto Beans 7  
Lettuce, tomatoes 1.7  
Pineapples 25

19

BRK: Biscuit 16 16,  
gravy Lunch: Salisbury  
steak 2 w/gravy 7  
Purple-hull Peas 16  
Mixed Salad 19 7, ranch  
WG Roll 24  
Pears 12

20

BRK: Donuts 30  
Lunch: Chicken Legs  
Mashed Potatoes 7  
Black-eyed Peas 19  
WG Bread 15  
Mandarin Oranges 21

21

BRK: Cereal 23  
Lunch: Pizza 26  
Sweet Corn 14  
Mixed Salad, 1.7 ranch  
Fresh Fruit 8  
Cookies 25

22

BRK: Pancakes 36  
Lunch: Meatball 3  
Subs 33  
Baked Tots 16  
Veggie Dippers 7  
Peaches 15

25

BRK: Egg-stravaganza  
Lunch: Cheese Nacho's  
26  
Fiesta Beans 23  
Spanish rice 25  
Salsa 3  
Mandarin Oranges 21

26

BRK: Biscuit, gravy  
Lunch: Turkey 1  
w/gravy 7  
Sweet Yams 20  
Green Beans 4  
WG Roll 24  
Baked Apples 12

27

STAFF DEVELOPMENT DAY

28

BRK: Cereal 23  
Lunch:  
Cheeseburgers 22  
Baked Fries 8  
Lettuce, tomatoes, 1.7  
pickles 2  
Fresh fruit 8

29

We offer complete nutritious meals to all our students.  
@ **Breakfast:** We serve 1% White milk and 100% Juice, and Fruit to our students daily.  
**LUNCH:** 1% White Milk is served only.  
**To ALL Parents: if your child has a food Allergy, PLEASE get me a note from a Dr.'s office.**  
Menus may change due to shortages..



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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**GUS  
JUSTICE**  
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.

**FUN FACT**

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S  
**FAVORITE  
ACTIVITIES**  
Track and field  
and Bowling



**POW!**  
**ARCH ENEMY**  
Candy Criminals



**JOKE OF  
THE MONTH**

Q: What is it called if a bowler  
knocks half the pins down on  
his first roll, then knocks the  
rest down on his second roll?

A: A spare (Asparagus)

**FIND THE SIX DIFFERENCES**



Sources: Texas A&M and Agrilife Extension