

# FEBRUARY

A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements

### SPUR ISD K-12 BREAKFAST MENU

\*FEB. 14<sup>TH</sup> SWEET ROLLS WITH YOUR  
SWEET HEART  
PARENTS INVITED  
\$1 PER VISITORS TRAY



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER ROY BULLER

Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast  
Week is next Month!

1 BISCUIT & GRAVY  
SCRAMBLED EGGS  
SAUSAGE  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

2 BREAKFAST STRUDEL  
AND YOGURT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

3 BREAKFAST BURRITO  
HASH BROWNS FRUIT  
100% FRUIT JUICE  
MILK VARIETY

6 PANCAKE WRAP  
YOGURT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

7 CHICKEN-n-BISCUIT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

8 FRENCH TOAST  
SAUSAGE  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

9 BREAKFAST PIZZA  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

10 DUTCH WAFFLE  
BACON  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

13 SAUSAGE KOLACHE  
YOGURT  
100% FRUIT JUICE  
FRUIT  
MILK VARIETY

14 CINNAMON ROLL  
BACON  
100% FRUIT JUICE  
FRUIT  
MILK VARIETY

15 BREAKFAST PIZZA  
100% FRUIT JUICE  
FRUIT  
MILK VARIETY

16 CHEESE OMELET  
WRAP  
100% FRUIT JUICE  
FRUIT  
MILK VARIETY

17 WAFFLES  
SAUSAGE  
100% FRUIT JUICE  
FRUIT  
MILK VARIETY

VALENTINES DAY

20 BREAKFAST STRUDEL  
CHEESE STICK  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

21 MINI PANCAKES  
YOGURT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

22 SAUSAGE KOLACHE  
CHEESE STICK  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

23 ROLLED BREAKFAST  
TACO  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

24 FRENCH TOAST  
YOGURT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

27 BREAKFAST ROUND  
YOGURT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

28 SAUSAGE BISCUIT  
FRUIT  
100% FRUIT JUICE  
MILK VARIETY

Good Eats At:

# Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



## Fun Fact

Blackberries, unlike raspberries, have a solid center when they are pulled off the 'cane'.

# Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: [SquareMeals.org/SeasonalityWheel](https://www.squaremeals.org/SeasonalityWheel)



This product was funded by USDA. This institution is an equal opportunity provider.

## Activities

FIND YOUR WAY TO THE GOLD STAR!

START



## Joke of the Month

Q. What do you call a sad berry?  
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.