

MARCH

Special Announcements

SPUR ISD K-12 BREAKFAST MENU

SPRING BREAK MARCH 13-17



YOU ART WHAT YOU EAT ART CONTEST
CREATE & ENTER!
VISIT SPURISD.ORG/ARTCONTEST
FOR MORE DETAILS.

FEED PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

		1 BREAKFAST SLIDERS FRUIT 100% FRUIT JUICE MILK VARIETY	2 CHICKEN-N-WAFFLE STIX FRUIT 100% FRUIT JUICE MILK VARIETY	3 EGG & CHEESE SANDWICH FRUIT 100% FRUIT JUICE MILK VARIETY
6 CINNAMON PULL A PARTS CHEESE STICKS FRUIT 100% FRUIT JUICE MILK VARIETY	7 BREAKFAST MUFFIN YOGURT FRUIT 100% FRUIT JUICE MILK VARIETY	8 PANCAKE WRAP FRUIT 100% FRUIT JUICE MILK VARIETY	9 BREAKFAST PIZZA FRUIT 100% FRUIT JUICE MILK VARIETY	10 WAFFLE CHEESE STICK FRUIT 100% FRUIT JUICE MILK VARIETY

SCHOOL BREAKFAST WEEK

13

SPRING

14



16

BREAK

17

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

PANCAKE WRAP
YOGURT
FRUIT
100% FRUIT JUICE
MILK VARIETY

28

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

29

FRENCH TOAST
SAUSAGE
FRUIT
100% FRUIT JUICE
MILK VARIETY

30

BREAKFAST PIZZA
FRUIT
100% FRUIT JUICE
MILK VARIETY

31

DUTCH WAFFLE
BACON
FRUIT
100% FRUIT JUICE
MILK VARIETY

Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



Joke of the Month

Q. What vegetable might you find in your basement?
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

