

MARCH

S.I.S.D HEAD START

2019

GOOD EATS AT

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

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

Breakfast -
Offered Daily:
Variety of Fruit
100% Fruit Juice
White Milk

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Donut Holes
CHEF SALAD 4

Breakfast Sandwich
STEAK FINGERS 5

Cereal w/ WG Cracker
SANDWICH 6

Mini Corndogs
SPAGHETTI w/ Meat Sauce 7

Breakfast Pizza
Beef & Cheese Nachos 8

Lunch -
Offered Daily:
Variety of Fruit
Variety of Vegetables
Whole Grains
White Milk

Pancake
CHICKEN NUGGETS 11

Yogurt Parfait & Cinnamon Toast
BEEF TACO 12

Sausage Biscuit
GRILL CHEESE 13

Eggs & Toast
CHICKEN DRUMSTICK 14

Breakfast Taco
PIZZA 15

SPRING BREAK 18

SPRING BREAK 19

SPRING BREAK 20

SPRING BREAK 21

SPRING BREAK 22

Pig n Blanket
BREAKFAST FOR LUNCH 25

Cereal w/ WG Cracker
CHEESE-BURGER 26

Cinnamon Roll
BEEF ENCHILADA 27

Cereal w/ WG Cracker
TANGERINE CHICKEN 28

Eggs, Biscuit & Gravy
TURKEY SANDWICH 29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i s
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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?

(Answer) Spare | 2 pins & 1 pin

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension