

MARCH

TIGER CAFÉ
@ MAIN
(Elem/JH)

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

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

Breakfast Pizza/Fruedel
COUNTRY FRIED STEAK 4

Donuts or Biscuits & jelly
ENCHILADA AND TAMALE PLATE 5

Pig n Blanket or Fruit Muffin
ORIENTAL BOWL 6

Yogurt Parfait
Sausage on Stick FRITO PIE 7

Eggs, Sausage & Toast or Waffle
CHICKEN DRUMSTICK 8

Breakfast Taco or Oatmeal Bar
CHICKEN NUGGETS 11

Donut Holes or Poptart & Cheese Stick
CHICKEN QUESADILLA

Bkt Sandwich or Cinnamon Roll
BREAKFAST FOR LUNCH 13

Waffle or Mini Corndogs
BEEF TACO 14

Bacon-Egg Pizza or Soft Pretzel
CHICKEN PARMESAN 15

SPRING BREAK 18

SPRING BREAK 19

SPRING BREAK 20

SPRING BREAK 21

SPRING BREAK 22

Breakfast Pizza/Fruedel
CHICKEN FAJITA 25

Donut or Pig n Blanket
CORNDOG 26

Sausage Biscuit or Fruit Muffin
STEAK FINGERS 27

Yogurt Parfait or Pancake Stick
CHICKEN STRIPS 28

Eggs, Sausage & Toast or Waffle
BEEF & CHEESE NACHO 29

LENT OPTIONS WILL BE OFFERED ON ASH WEDNESDAY AND EVERY FRIDAY UNTIL EASTER.

Breakfast-
 Offered Daily:
 Cereal
 Yogurt
 Graham Crackers
 Variety of Fruit
 100% Fruit Juice
 Variety of Milk

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

Also Offered:
 Turkey Sandwich or Turkey Wrap

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