

# MARCH

2019



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

## GOOD EATS AT

**Katz n' Kittens Café**  
361-596-4821

A variety of juice and milk offered with breakfast. All menus are subject to change.

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

**ART CONTEST CONTINUES**

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

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

Donuts, Fruit, Cereal of Choice  
Chicken Tenders  
Noodles, Carrots  
Green Beans  
Fruit, Bread, Milk **4**

Breakfast Pizza, Fruit, Cereal of Choice  
Crispy Beef Tacos  
Spanish Rice  
Salad Cup, Beans  
Fruit, Milk **5**

Pancakes, Fruit, Cereal of Choice  
Fish Sub  
Sweet Peas  
Cole Slaw  
Fruit, Milk **6**

Sausage Rolls, Fruit, Cereal of Choice  
Nachos Grande  
Fiesta Corn  
Nacho Salad  
Fruit, Milk **7**

Biscuits, Eggs, Fruit, Cereal of Choice  
Pizza  
Garden Salad  
Country Style Veg  
Fruit, Milk **8**

## SPECIAL ANNOUNCEMENTS

Just a reminder our students still have time to enter the "You ART What You Eat" Contest, you can go under [SquareMeals.org/artcontest](http://SquareMeals.org/artcontest) to enter. I sent home information with the students that were interested to go online to enter. We want to encourage our students to eat healthy throughout the day, and especially remember to eat breakfast.



French Toast, Fruit, Cereal of Choice  
Corn Dogs  
Baked Beans  
Carrot Sticks  
Fruit, Milk **11**

Pancake Sausage Wrap  
Fruit, Cereal of Choice  
Popcorn Chicken  
Mashed Potatoes  
Country Style Veg.  
Fruit, Rolls, Milk **12**

Breakfast Pizza, Fruit, Cereal of Choice  
Beef Burritos  
Pinto Beans  
Garden Salad  
Fruit, Milk **13**

Waffles, Fruit, Cereal of Choice  
Sloppy Joes  
Corn on the Cob  
Green Beans  
Fruit, Milk **14**

**15**

**Spring** **18**

Muffins, Fruit, Yogurt, Cereal of Choice  
Chick Burger  
Burger Salad  
Baked Beans  
Fruit, Milk **19**

Breakfast Pizza, Fruit, Cereal of Choice  
Meat & Spaghetti  
Garden Salad, Fruit  
Green Beans  
Breadsticks, Milk **20**

Sausage Rolls, Fruit, Cereal of Choice  
Beef Stroganoff  
Mashed Potatoes  
Corn  
Fruit, Rolls, Milk **21**

Pancakes, Fruit, Cereal of Choice  
Grilled Cheese  
Vegetable Soup  
Carrot Sticks  
Fruit, Milk **22**

French Toast, Fruit, Cereal of Choice  
Popcorn Chicken  
Mashed Potatoes  
Green Beans  
Fruit, Milk Bread **25**

Pancake Sausage Wrap, Fruit, Cereal of Choice  
Nachos Grande  
Nacho Salad Cup  
Fiesta Corn  
Fruit, Milk **26**

Breakfast Pizza, Fruit, Cereal of Choice  
Meatball Sub  
Cole Slaw  
Sweet Pot Fries  
Fruit Milk **27**

Breakfast Taco, Fruit, Cereal of Choice  
Crispy Beef Tacos  
Taco Salad Cup  
Pinto Beans  
Fruit, Milk **28**

Waffles, Fruit, Cereal of Choice  
Hoagie or Fish Sub  
Salad Cup  
Carrot Sticks  
Fruit, Milk **29**



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?

(Answer) Spare | 2 pins & 1 pin

**FIND THE SIX DIFFERENCES**



Sources: Texas A&M and Agrilife Extension