

MARCH

**TIGER CUB CAFÉ
@ BROWN**

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

Donut Holes
BREADED
CHICKEN
SANDWICH 4

**Breakfast
Sandwich**
**STEAK
FINGERS** 5

**French Toast
Sticks**
CORNDOG 6

Mini Corndogs
SPAGHETTI
w/ Meat Sauce 7

**Breakfast
Pizza**
Beef & Cheese
Nachos 8

Pancake
**CHICKEN
NUGGETS** 11

**Yogurt Parfait
& Cinnamon
Toast**
BEEF TACO

**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

**Pancake on a
Stick**
**CHEESE-
BURGER** 26

Cinnamon Roll
**BEEF
ENCHILADA** 27

Waffle
**TANGERINE
CHICKEN** 28

**Eggs, Biscuit &
Gravy**
FRITO PIE 29

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

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