

# MARCH

2019

GOOD EATS AT

GROVETON CAFETERIA



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

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

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

**ART CONTEST CONTINUES**

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

SAUSAGE BISCUIT CEREAL/TOAST FRUIT JUICE MILK JELLY 4	FRENCH TOAST CEREAL/TOAST FRUIT JUICE MILK PK PANCAKES JELLY 5	CINNAMON ROLL CEREAL/TOAST FRUIT JUICE MILK JELLY PK- CEREAL/TOAST 6	BREAKFAST PIZZA CEREAL/TOAST FRUIT JUICE MILK JELLY 7	CHICKEN BISCUIT CEREAL/TOAST FRUIT JUICE MILK 1
SAUSAGE BISCUIT CEREAL/TOAST FRUIT JUICE MILK JELLY 11	PANCAKES CEREAL/TOAST FRUIT JUICE MILK JELLY 12	CINNAMON ROLL CEREAL/TOAST FRUIT JUICE MILK JELLY PK- CEREAL/TOAST 13	KOLACHE CEREAL/TOAST FRUIT JUICE MILK JELLY 14	PANCAKE ON STICK CEREAL/TOAST FRUIT JUICE MILK JELLY 8
HOLIDAY 18	FRENCH TOAST CEREAL/TOAST FRUIT JUICE MILK PK PANCAKES JELLY 19	CINNAMON ROLL CEREAL/TOAST FRUIT JUICE MILK JELLY PK- CEREAL/TOAST 20	BREAKFAST PIZZA CEREAL/TOAST FRUIT JUICE MILK JELLY 21	COUNTY FAIR HOLIDAY 15
SAUSAGE BISCUIT CEREAL/TOAST FRUIT JUICE MILK JELLY 25	PANCAKES CEREAL/TOAST FRUIT JUICE MILK JELLY 26	CINNAMON ROLL CEREAL/TOAST FRUIT JUICE MILK JELLY PK- CEREAL/TOAST 27	KOLACHE CEREAL/TOAST FRUIT JUICE MILK JELLY 28	CHICKEN BISCUIT CEREAL/TOAST FRUIT JUICE MILK JELLY 22
				PANCAKE ON STICK CEREAL/TOAST FRUIT JUICE MILK JELLY 29

**SPECIAL ANNOUNCEMENTS**

1% AND NON-FAT MILK OFFERED DAILY

MENU SUBJECT TO CHANGE WITHOUT NOTICE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
This institution is an equal opportunity provider.

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**W**

**TH**

**F**

STEAK FINGERS  
MASHED POTATOES  
W/GRAVY  
GREEN BEANS  
WG ROLL  
SLICED PEARS  
KETCHUP 4

BEEFY NACHOS  
CHARRO BEANS  
GREEN SALAD  
W/RANCH DRESSING  
MIXED FRUIT  
PICANTE SAUCE  
SOUR CREAM 5

CHEESE OR PEPPERONI PIZZA  
SEASONED CARROTS  
GREEN SALAD  
W/RANCH DRESSING  
SLICED PEACHES 6

BEEF SPAGHETTI  
SWEET PEAS  
GREEN SALAD  
W/RANCH DRESSING  
GARLIC TOAST  
MANDARIN ORANGES 7

HAMBURGER OR CHEESEBURGER  
SALAD STACK  
FRENCH FRIES  
FROZEN FRUIT  
MAYO, MUSTARD, KETCHUP 8

CHICKEN PARMESAN  
W/NOODLES  
GREEN SALAD  
W/RANCH DRESSING  
GREEN BEANS  
GARLIC TOAST  
SLICED PEARS 11

B-B-Q ON BUN  
BAKED BEANS  
SMILEY FRIES  
MANDARIN ORANGES  
KETCHUP 12

CHEESE OR PEPPERONI PIZZA  
VEGGIE DIPPERS  
GREEN SALAD  
W/RANCH DRESSING  
MIXED FRUIT 13

HAMBURGER OR CHEESEBURGER  
SALAD STACK  
FRENCH FRIES  
FROZEN FRUIT  
MAYO, MUSTARD, KETCHUP 14

COUNTY FAIR HOLIDAY 15

HOLIDAY 18

CHICKEN ALFREDO  
GREEN BEANS  
GREEN SALAD  
W/RANCH DRESSING  
WG ROLL  
SLICED PEARS 19

CHEESE OR PEPPERONI PIZZA  
BABY CARROTS  
GREEN SALAD  
W/RANCH DRESSING  
MIXED FRUIT 20

CHICKEN FAJITA W/WG  
TORTILLA  
CHARRO BEANS  
GREEN SALAD W/RANCH  
DRESSING  
MANDARIN ORANGES  
PICANTE SAUCE  
SOUR CREAM 21

HAMBURGER OR CHEESEBURGER  
SALAD STACK  
FRENCH FRIES  
FROZEN FRUIT  
MAYO, MUSTARD, KETCHUP 22

CORN DOGS  
SMILEY FRIES  
BAKED BEANS  
BABY CARROTS  
SLICED PEARS  
MAYO,  
MUSTARD, KETCHUP,  
RANCH DRESSING 25

CHICKEN NUGGETS  
MASHED POTATOES  
W/GRAVY  
GREEN BEANS  
ROLLS  
MANDARIN ORANGES  
KETCHUP 26

CHEESE OR PEPPERONI PIZZA  
SEASONED CORN  
GREEN SALAD  
W/RANCH DRESSING  
MIXED FRUIT 27

CHEESE ENCHILADAS  
CHARRO BEANS  
GARDEN SALAD  
W/RANCH DRESSING  
SALSA CUP  
SLICED PEACHES 28

HAMBURGER OR CHEESEBURGER  
SALAD STACK  
FRENCH FRIES  
FROZEN FRUIT  
MAYO, MUSTARD, KETCHUP 29

GROVETON CAFETERIA

JR. HIGH AND HIGH SCHOOL DAILY OPTIONS

CHEF SALAD OFFERED DAILY

MONDAY-SPICY CHICKEN NUGGETS  
FRENCH FRIES, ROLLS, KETCHUP

TUESDAY- CHICKEN STRIPS  
SMILEY FRIES, ROLLS, KETCHUP

WEDNESDAY-HOT POCKET  
TATER TOTS, KETCHUP

THURSDAY- STEAK FINGERS,  
SMILEY FRIES, GARLIC TOAST, KETCHUP

FRIDAY- SPICY CHICKEN SANDWICH  
FRENCH FRIES, KETCHUP

1% AND NON FAT MILK  
OFFERED DAILY  
FRESH FRUIT OFFERED DAILY  
MENU SUBJECT TO CHANGE  
WITHOUT NOTICE



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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.

**GUS JUSTICE**  
Asparagus



**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

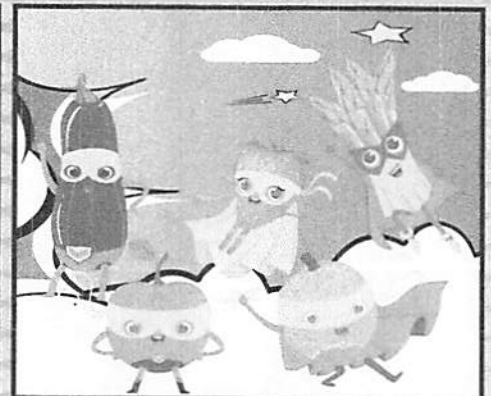
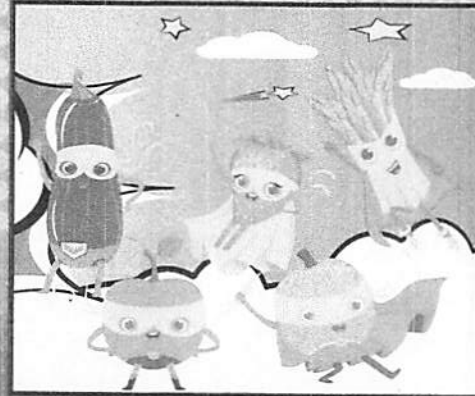


**JOKE OF THE MONTH**

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?

A: A spare (Asparagus)

**FIND THE SIX DIFFERENCES**



Sources: Texas A&M and Agrilife Extension