



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

SCHOOL BREAKFAST WEEK

IS NEXT MONTH!

MARCH 5-9

squaremeals.org/sbw

+200



+100



+50

Good Eats at:
HENDERSON ISD

2.14

Valentine's Day

BBQ SANDWICH
OR CHICKEN SANDWICH
REDUCED FAT CHIPS
BABY CARROTS W/ DIP
BAKED BEANS
WATERMELON CUPS
MILK

5

YOGURT & GRILLED
CHEESE SANDWICH
TOMATO SOUP
POTATO SMILES
FRESH BROCCOLI W/ DIP
BLUEBERRIES
MILK

6

POPCORN CHICKEN
MASHED POTATOES
GREEN BEANS
FRESH FRUIT
HOMEMADE ROLL
MILK

7

BEEF OR CHICKEN
CRUNCHY TACO
REFRIED BEANS
LETTUCE/ TOMATO
STEAMED CORN
APPLE SLICES
MILK

8

PEPPERONI PIZZA
OR CHEESE STICKS
MARINARA SAUCE
COOKED CARROTS
STEAMED CORN
STRAWBERRIES
MILK

9

MEATBALL SUB
OR SPAGHETTI WITH
MEATBALLS
GREEN PEAS
GARDEN SALAD
STRAWBERRIES
MILK

12

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
BABY CARROTS W/ DIP
ROSY APPLESAUCE
MILK

13

OVEN FRIED CHICKEN
OR POPCORN CHICKEN
MASHED POTATOES
CHEESY BROCCOLI
RAISELS
HOMEMADE ROLL
MILK

14

PEPPERONI PIZZA
OR CHEESE STICKS
MARINARA SAUCE
COOKED CARROTS
GREEN BEANS
ORANGE SLICES
MILK

15

CHEESEBURGER
OR CORNDOG
POTATO SMILES
BURGER SALAD
BAKED BEANS
RIPS
MILK

16

PROFESSIONAL
DEVELOPMENT

NO SCHOOL

19

PANCAKES WITH
EGGS OR SAUSAGE
HASHBROWNS
BABY CARROTS W/ DIP
FRESH FRUIT
MILK

20

POPCORN CHICKEN
OR STEAK FINGERS
STEAMED SPINACH
MASHED POTATOES
ORANGE SLICES
HOMEMADE ROLL
MILK

21

BEEF OR CHICKEN
CHEESY NACHOS
FRESH SALSA
PINTO BEANS
GARDEN SALAD
RIPS
MILK

22

CHEESEBURGER
POTATO SMILES
BURGER SALAD
BAKED BEANS
STRAWBERRIES
MILK

23

CHICKEN FRIED STEAK
OR STEAK FINGERS
BLACK EYED PEAS
CHEESY BROCCOLI
BLUEBERRIES
COOKIE
MILK

26

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
LETTUCE/ TOMATO
STEAMED CORN
FRESH FRUIT
MILK

27

CHEESEBURGER
OR CORNDOG
POTATO SMILES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

28

Special Announcements
Please note that on February 14th and every Friday until March 23rd, HISD will offer fish or a meatless entree for those participating in Lent.



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



Salad PELES TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.

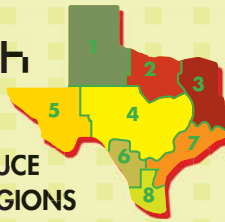


FUN FACT

Did you know lettuce is a member of the sunflower family?

LAUNCH PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

MAZE

Find your way to the red leaf lettuce



Joke of the MONTH

Knock Knock!

Who's there?

Lettuce.

Lettuce who?

Lettuce in, we're freezing.



Tuna Apple Salad SANDWICH

INGREDIENTS

1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ⅛ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

PREPARATION

1. Cut apple in quarters; remove core and chop. **2.** In a medium-sized bowl, mix all salad ingredients, except tuna. **3.** Gently fold in tuna. **4.** Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of: www.whatscooking.fns.usda.gov

