

# MARCH

## Special Announcements

\*March 12<sup>th</sup>-18<sup>th</sup>, 2017 – National CACFP, Child and Adult Care Food Program, week.

\*Milk – Whole/2% - children ages 1-2  
1%/Skim – children ages 2 and older

\*March 17<sup>th</sup> – Saint Patrick's Day

\*March 20<sup>th</sup> – First Day of Spring



YOU ART WHAT YOU EAT ART CONTEST  
CREATE & ENTER  
VISIT [SNAPMEALS.ORG/ARTCONTEST](http://SNAPMEALS.ORG/ARTCONTEST)  
FOR MORE DETAILS.

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

\*<http://www.smartschoolhouse.com/easy-recipe/back-to-school-breakfast-recipes/4>

\*<https://snapguide.com/guides/make-octopus-spaghetti/>

1

B: Oatmeal, Peaches, & Milk  
L: Cheese, Let/Tom., Apple Slices, Tortilla, Milk  
S: Ice Cream Sandwich & Milk

2

B: Kix Cereal, Sliced Peas, Milk  
L: Ham/Cheese, Let/Tom., Mandarin Oranges, Bun, Milk  
S: Granola, yogurt

3

B: BB Muffin, Sliced Peaches, Milk  
L: Chicken, Refried Beans, Grapes, Tortilla, Milk  
S: Ants on a Log

6

B: WG Waffles, Blueberries, Milk  
L: Tuna, Peas, Mandarin Oranges, Pita, Milk  
S: Strawberries, Animal Crackers

7

B: Biscuit, Fruit Cocktail, Milk  
L: Hamburger, Green beans, Pineapple, WW Roll, Milk  
S: Cinnamon Toast, Milk

8

B: French Toast, Peaches, Milk  
L: Ham, Scalloped Pot, Broccoli, Roll  
S: Banana, Triscuits

9

B: Corn Muffin, Apricot Halves, Milk  
L: Parmesan Chicken, Tomato Sauce, Mixed Veg, Spaghetti, Milk  
S: Cottage Cheese, Melba

10

B: English Muffin, Grapes, Milk  
L: Chicken Nuggets, Peas/Carrots, Apple Slices, Dinner, Roll, Milk  
S: AJ, Soft Pretzel

## S C H O O L B R E A K I A S T W E E K

13

B: Raisin Toast, Banana, Milk  
L: HM Baked Mac N Cheese, Orange Slices, Pepper Strips, Milk  
S: Fruit Cup, Pretzels

14

B: Crisp-Rice Cereal, Banana, Milk  
L: Baked Chic, Mashed Pot, Carrot Sticks, Stuffing, Milk  
S: Cheese Stick, Rice Cake

15

B: Oatmeal, Grapefruit, Milk  
L: Fish Sticks, Pear Halves, Spinach, Cornbread, Milk  
S: Pineapple Juice, Hard Pretzels

16

B: Cream of Wheat, OJ, Milk  
L: Ground Beef, Sloppy Joe Sauce, Corn, Bun, Milk  
S: Waffles, PB

17

B: Green Pancakes, Green AS, Milk  
L: Green Eggs, Broccoli, Green Peppers, WW Toast, Milk  
S: Green Rice Krispie Treats, Green apple

20

B: Nutella & Banana Sushi, Milk  
L: Octopus Spaghetti, Peas, Applesauce, Milk  
S: Rainbow Fruit, Milk

21

B: WW Toast, Fruit Cup, Milk  
L: Ground Beef, Garden Salad, Tomato Sauce, Spaghetti, Milk  
S: PB Cookie, Milk

22

B: Carrot Muffin, Pineapple, Milk  
L: PB&Jelly/ Bean Soup, Cantaloupe, Carrots, Saltines, Milk  
S: Milk, Goldfish Crackers

23

B: Pancake, AS, Milk  
L: Beef Roast, Sweet Pot., Spinach, Cornbread, Milk  
S: Apple Slices, Rice Cakes

24

B: Corn Chex, Cantaloupe, Milk  
L: Baked Fish, Corn, Green Beans, Mac. Salad  
S: Cheese Cubes, Saltines

27

B: Bagel, Strawberries, Milk  
L: Egg Salad, Cucumbers, Blueberries, WW Bread, Milk  
S: Yogurt, Fruit Cocktail

28

B: Cheerios, Cran-apple Juice, Milk  
L: Chicken, Watermelon, Let/Tom, WW Roll, Milk  
S: Kiwi, Breadsticks

29

B: Toast, AJ, Milk  
L: Turkey Sandwich, Baked Beans, Pineapple, Roll, Milk  
S: Hummus, Pita Bread

30

B: Cheerios, Pineapple Rings, Milk  
L: Stir Fry Chicken, Broccoli, Snow Peas, Rice  
S: Grape Juice, Wheat Crackers

31

B: Kix Cereal, Cherries, Milk  
L: Hamburger, Corn, Cantaloupe, WW Roll, Milk  
S: Granola, yogurt

# Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

## Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

## Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

### Step 1:

Get some fresh Texas celery



### Step 2:

Add some peanut butter



### Step 3:

Lastly add fresh raisins. Enjoy!



## Joke of the Month

Q. What vegetable might you find in your basement?  
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

# Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)

