

MARCH

2019



GOOD EATS AT

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

ART CONTEST CONTINUES

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

Seminole ISD Cafe
FJ Young
Primary
Elementary
Jr. High
High School
Success Center

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

<p>Sausage Kolache & Yogurt or Cereal Variety & Toast</p> <p>Chicken Sandwich Chips Crispy Cucumbers Garden Salad Fruit Milk Choice</p> <p>4</p>	<p>Breakfast Taquito or PBJ (PreK - Cheese Omelet /Toast)</p> <p>Tacos with garnish Perfect Pinto Beans Salsa Veggie Cup Apple Pineapple Delight Milk Choice</p> <p>5</p>	<p>Waffles & Sausage or Fruit/Yogurt Parfait</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Roll Fresh Grapes Milk Choice</p> <p>6</p>	<p>Brkfst Pizza or PBJ</p> <p>Hot Dog w/ chili Potato Smiles Baby Carrots Snowball Salad Milk Choice</p> <p>7</p>	<p>Donut Holes & Sausage or Cereal / Muffin</p> <p>Donuts w/ Dad-PR&EL</p> <p>Breaded Drumstick w/ Biscuit Harvest Corn Fruit Cookie Milk</p> <p>8</p>
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SPECIAL ANNOUNCEMENTS

<p>Spring Break</p> <p>11</p>	<p>Spring Break</p> <p>12</p>	<p>Spring Break</p> <p>13</p>	<p>Spring Break</p> <p>14</p>	<p>Spring Break</p> <p>15</p>
<p>Morning Griddle Sandwich or Cereal/Toast</p> <p>X-Treme Burrito w/ Garnish Salsa Fresh Veggie Cup Corn Mandarin Oranges</p> <p>18</p>	<p>Bkfst Burrito & Hashbrown or PBJ</p> <p>Nachos Grande Refried Beans & Salsa Cucumber Peaches Lime Sherbet Milk</p> <p>19</p>	<p>Grand Slam Breakfast or Fruit & Yogurt Parfait</p> <p>Corn Dog w/ tots Baked Beans Red Bell Pepper Strips Pineapple w/ cherry Milk Choice</p> <p>20</p>	<p>Muffins & Yogurt or PBJ</p> <p>Asian Chicken Garden Salad Fruity Gelatin Milk Choice</p> <p>21</p>	<p>Pancakes & Sausage or Cereal & Muffin</p> <p>Pizza Choice Baby Carrots Orange Smiles Brownie Milk</p> <p>22</p>
<p>Waffles & Bacon or Cereal / Toast</p> <p>Chicken Fried Steak Mashed Potatoes Savory Green Beans Roll / Fruit Milk Variety</p> <p>25</p>	<p>Breakfast Pizza or PBJ</p> <p>Walking Taco w/ Cheese Sauce Salsa Refried Beans Applesauce Milk Variety</p> <p>26</p>	<p>Cinnamon Roll & Sausage or Fruit & Yogurt Parfait (PreK - Cheesy Toast)</p> <p>Chicken Strips w/Biscuit Tiny Tomato Cup Curly Fries Mixed Fruit Rice Crispy Treat / Milk</p> <p>27</p>	<p>Sausage/Egg/Cheese Sandwich or PBJ</p> <p>Emoji Pizza Day</p> <p>Garden Salad Baby Carrots Grapes Milk Variety</p> <p>28</p>	<p>Eggs/Biscuit/Gravy & Bacon or Cereal & Muffin</p> <p>Hamburger or Cheeseburger Potato Smiles Zesty Cucumbers Apple / Pineapple Delight Milk Variety</p> <p>29</p>

March 8th - Donuts With Dad at the Primary and Elementary Campus - Doors open at 7:30 am /Cost is \$3.00

March 28th - Emoji Pizza Day



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?

A: A spare (Asparagus)

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension