

MARCH 2018

MON TUE WED THUR FRI

Special Announcements

BREAKFAST MENU

Monday-Muffin, Cereal
 Tuesday-Biscuit, eggs
 Wed-Sausage Roll, Cereal
 Thursday-Pancakes, Sausage
 Friday-Toast Sticks, Cereal
 Fresh Fruit offered daily
 Apple or Orange Juice
 White or Chocolate Milk

**'YOU ART
 WHAT YOU EAT'
 ART CONTEST
 CREATE & ENTER!
 STARTS MARCH 18!
squaremeals.org/artcontest**

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Good Eats at:

WEIMAR ISD

			Chicken Fajitas Tortillas Pinto Beans Lettuce/Tomato Peaches Milk	Pizza Corn Garden Salad Applesauce Milk
Salisbury steak Mashed Potatoes Green Beans Pears Bread Milk	Corn chip Pie Broccoli Corn Mix Fruit Milk	Chicken Tetrazzini Sweet Peas Carrots Peaches Bread Milk	Corndog Baked Beans Vegetable Blend Baked Apples Milk	Hamburger or Fish Burger Salad Oven Fries Fresh Fruit Milk
Spring Break March 12-16				
Chicken Tenders Mac & Cheese Peas Carrots Pineapple Milk	Ham & Cheese Sandwiches Carrots Broccoli Pickle Spear Fresh Fruit Milk	Baked Turkey Mashed Potatoes Green Beans Peaches Bread Milk	Quesadilla Pinto Beans Corn Fruit Mix Milk	Hamburger or Fish Oven Fries Burger Salad Fresh Fruit Milk
Crispy Tacos Pinto Beans Lettuce/Tomato Pineapple Milk	Chicken Alfredo Sweet Peas Carrots Peaches Bread Milk	Hot Dog Oven Fries Baked Beans Mandarin Oranges Milk	Pizza Corn Garden Salad Applesauce Milk	Good Friday

**SCHOOL
 BREAKFAST
 WEEK**
 MARCH 5-9
squaremeals.org/sbw

+200
 +100
 +50



Fun facts
 on back! >



Button MUSHROOMS

Hey kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out of the ground and don't need sunlight. Button mushrooms were first grown in France nearly 300 years ago. We are used in a variety of foods throughout the world.

Despite being made up of around 90 percent water, we are sometimes thought of as the "meat" of the vegetable world. We are a low-calorie food that can be eaten raw, cooked or part of a larger meal.



Danger ZONE!

There are a few mushroom varieties found in the wild, called toadstools, which are very poisonous. So if you find a mushroom growing in the woods or the yard, don't eat it.



Word SEARCH

Find the word Mushroom

C	W	E	R	A	C	B	L
M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
S	T	O	Q	E	N	A	X
H	O	B	R	Y	F	C	L
U	J	T	M	H	D	W	O
L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

Launch PAD

BUTTON MUSHROOM GROWING REGIONS



1. East Texas
2. Central Texas



CHALLENGE

This month try to do 10 push-ups every day, and play outside for at least 30 minutes three times a week.

Fun FACT

There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.

Joke of the MONTH

Q: What would a mushroom car say?

A: Shroom shroom!



Work-out the ANSWER

- 1) To strengthen stomach muscles, I do lots of ___-ups.
- 2) My arms are getting stronger because I hang on the monkey _____ at school.
- 3) These shoes are great for _____ on the track.
- 4) I know it's a game, but swinging the _____ racket is great exercise.
- 5) I lift _____ at the gym to build strong muscles.



Fun FACT

Long before trees grew all over the world, Earth was covered by giant mushrooms.