



MARCH 2018

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Special Announcements

Dr. Seuss Birthday celebration March 2 with green eggs and ham for breakfast and One Fish, Two Fish, Red Fish, Blue Fish on the lunch tray.

SPRING BREAK
12 - 16
TAKE A BREATH AND HAVE FUN!

Raisins offered in place of Fresh Fruit or Fruit Juice

'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:

Cleburne ISD Elementary Schools:
Cooking up good food!

French Toast w/Syrup Turkey Deli Sandwich Popcorn Chicken Fresh Veggie Sticks Bake Sweet Beans Whole Grain Cookie Fresh Fruit Fruit Juice 5	Chicken Biscuit Crunchy Beef Tacos Cheese Nachos Pinto Beans Steamed Broccoli Lettuce/Cheese Chilled Fruit Fruit Juice/Salsa 6	Eggstravaganza Turkey Corn Dog Hamburger French Fries Steamed Carrot Chilled Fruit Fruit Juice Lettuce/pickles 7	Homemade Oatmeal BBQ Rib on Hoagie Spaghetti w/Meatballs Green Beans Garden Salad Chilled Peaches or Boxed Raisins Fruit Juice 1	Green Eggs and Ham Max Cheese Sticks Fish Sticks Texas Toast Steamed Carrots Pinto Beans Blue Fish , Red Fish Fruit Juice 2
SPRING BREAK STUDENT HOLIDAY 12	SPRING BREAK STUDENT HOLIDAY 13	SPRING BREAK STUDENT HOLIDAY 14	SPRING BREAK STUDENT HOLIDAY 15	SPRING BREAK STUDENT HOLIDAY 16
Poptart Steak Fingers Texas Toast Mashed Potatoes Green Beans Chilled Mixed Fruit Fruit Juice 19	Yogurt Parfait Mac & Cheese Fiesta Pizza Steamed Broccoli Pinto Beans Chilled Fruit Fruit Juice 20	Chicken Biscuit Baked Potato w/Cheese Chicken Burger Bread Sticks Baked Beans Pickle Spears Shredded Lettuce Cup Fresh Fruit /Juice 21	Egg, Cheese Taco Salisbury Steak Chicken Drumsticks Mashed Potatoes Steamed Carrots Wheat Roll Chilled Fruit Fruit Juice 22	Donut Cheese Pizza Tossed Salad Grape Tomatoes Whole Kernel Corn Fresh Fruit Fruit Juice 23
French Toast w/Syrup Chicken Tenders Deli Turkey Sandwich Sun Chips Baby Carrots Baked Sweet Beans Chocolate Chips Cookie Fruit 26	Mini Pancakes Bean & Cheese Burrito Beef Nachos Pinto Beans Steamed Broccoli Chilled Fruit Fruit Juice/Salsa 27	Pancake on Stick Cheese Pizza Lasagna Garden Salad Garlic Bread Stick Green Beans Chilled Fruit Fruit Juice 28	Homemade Oatmeal Steak Fingers Mini Ravioli Wheat Roll Whole Kernel Corn Green Beans Chilled Fruit Fruit Juice 29	Holiday 30

School Breakfast Week
MARCH 5-9
squaremeals.org/sbw

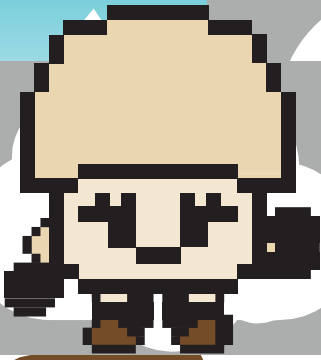
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Fun facts on back! >



Button Mushrooms

kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out 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.



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 mushrooms are growing in two regions of Texas:

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.