

# FEBRUARY



A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements

**SUBJECT  
TO  
CHANGE  
AT  
ANYTIME**



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast  
Week is next Month!

1 **Kolaches  
Juice  
Milk**

2 **Pancake  
&  
Sausage  
Juice  
Milk**

3 **Cereal  
Juice  
Milk**

6 **Muffins  
Yogurt  
Juice  
Milk**

7 **Breakfast  
Burrito  
Juice  
Milk**

8 **Pancake  
&  
Sausage  
Juice  
Milk**

9 **Kolaches  
Juice  
Milk**

10 **Teachers  
Workday**

13 **Cereal Bar  
Fruit  
Juice  
Milk**

14 **Kolaches  
Juice  
Milk**

15 **Hearty  
Breakfast  
Fruit  
Juice  
Milk**

16 **Muffins  
Yogurt  
Juice  
Milk**

17 **Cereal  
Juice  
Milk**

VALENTINES DAY

20 **Kolaches  
Juice  
Milk**

21 **Muffins  
Yogurt  
Juice  
Milk**

22 **Breakfast  
Burrito  
Juice  
Milk**

23 **Pancake  
&  
Sausage  
Juice  
Milk**

24 **Cereal  
Juice  
Milk**

27 **Pancake  
&  
Sausage  
Juice  
Milk**

28 **Cereal Bar  
Fruit  
Juice  
Milk**

Good Eats At:

**OAKWOOD ISD**

# Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



## Fun Fact

Blackberries, unlike raspberries have a solid center when they are pulled off the 'cane'.

## Activities

FIND YOUR WAY TO THE GOLD STAR!

START



## Joke of the Month

Q. What do you call a sad berry?  
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.

# Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July



Visit: [SquareMeals.org/SeasonalityWheel](https://www.squaremeals.org/SeasonalityWheel)

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