

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 Corn Dog
Macaroni Salad
Pork-n-Beans
Fruit, Milk
3rd-12
SALAD BAR OPTION

2 Steak Fingers
Blackeye Peas
Carrots w/ Ranch
Cornbread Muffin
Fruit Milk
3rd- 12th
SALAD BAR OPTION

3 Cheeseburger
Burger Salad
Baked Beans
Chips
Fruit Milk

6 Pre-k -2nd
Chicken Nuggets
3rd-12th
BBQ Honey Bites
Baked Beans
Potato Salad
Animal Crackers Fruit
Milk

7 Sloppy Joe
Pork-n-Beans
Macaroni Salad
Fruit Milk
3rd-12th
SALAD BAR OPTION

8 Beef Taco
Bowls
Salad
Pinto Beans
Spanish Rice
Fruit Milk

9 Chicken Spaghetti
Green Beans
Green Salad
Roll Fruit Milk
3rd-12th
SALAD BAR OPTION

10
**TEACHER WORK
DAY**

13 Burrito w/
Cheese
Pinto Beans
Spanish Rice
Fruit Milk

14 Steak Fingers
Blackeye Peas
Carrots w/ Ranch
Cornbread Muffin
Fruit Milk
SALAD BAR OPTION

15 Chicken &
Sausage Gumbo
Side Salad
Cornbread Muffin
Or Crackers
Fruit, Milk

16 Salisbury
Steak
Mashed Potato
Green Beans
Roll Fruit Milk
3ND-12TH
SALAD BAR OPTION

17 Cheeseburger
Burger Salad
Baked Beans
Chips
Fruit Milk

VALENTINES DAY

20 Crisпитos
w/ Cheese
Pinto Beans
Spanish Rice
Fruit
Milk

21 Spaghetti w/
Meatballs
Carrots w/ Ranch
Corn, Roll, Fruit, Milk
3rd-12th
SALAD BAR OPTION

22 Sweet & Sour
Chicken
Fried Rice
Breaded Green
Beans Egg Roll
Fruit Milk

23 Corn Dog
Macaroni Salad
Pork-n-Beans
Fruit, Milk
3rd-12
SALAD BAR OPTION

24 Cheeseburger
Burger Salad
Baked Beans
Chips
Fruit Milk

27 Chicken Fried
Steak
Mashed Potatoes
Corn
Roll Fruit Milk

28 Beef Taco
Bowls
Salad
Pinto Beans
Spanish Rice
Fruit 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'.

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)



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.