

# MARCH

## Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

1 KOLACHES  
Juice  
Milk

2 Breakfast  
Burrito  
Juice  
Milk

3 Cereal  
Juice  
Milk

6 KOLACHES  
Fruit  
Juice  
Milk

7 Breakfast  
Burrito  
Juice  
Milk

8 Hearty  
Breakfast  
Juice  
Milk

9 Pancakes  
Fruit  
Juice  
Milk

10 Cereal  
Juice  
Milk

### SCHOOL BREAKFAST WEEK

13 **SPRING  
BREAK**

14 **SPRING  
BREAK**

15 **SPRING  
BREAK**

16 **SPRING  
BREAK**

17 **SPRING  
BREAK**

20 Cereal  
Bar  
Juice  
Milk

21 KOLACHES  
Juice  
Milk

22 Breakfast  
Burrito  
Juice  
Milk

23 Muffins  
Yogurt  
Juice  
Milk

24 Cereal  
Juice  
Milk

27 Cereal  
Juice  
Milk

28 Pancake  
&  
Sausage  
Juice  
Milk

29 Breakfast  
Burrito  
Juice  
Milk

30 KOLACHES  
Fruit  
Juice  
Milk

31 Cereal  
Juice  
Milk

# Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

# Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

# Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

### Step 1:

Get some fresh Texas celery



### Step 2:

Add some peanut butter



### Step 3:

Lastly add fresh raisins. Enjoy!



# Joke of the Month

Q. What vegetable might you find in your basement?  
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

# Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April



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