

Special Announcements



Monday	Tuesday	Wednesday	Thursday	Friday
Good Eats At:		KOLACHES Juice Milk	2 Breakfast Burrito Juice Milk	3 Cereal Juice Milk
f KOLACHES Fruit Juice Milk	7 Breakfast Burrito Juice Milk	Breakfast Juice Milk	Pancakes Fruit Juice Milk	10 Cereal Juice Milk
SCHOOL BREAKI			ST WEEK	
SPRING BREAK	SPRING BREAK	¹⁵ SPRING BREAK	SPRING BREAK	SPRING BREAK
20 Cereal Bar Juice Milk	21 KOLACHES Juice Milk	Breakfast Burrito Juice Milk	23 Muffins Yogurt Juice Milk	24 Cereal Juice Milk
27 Cereal Juice Milk	Pancake & Sausage Juice Milk	29 Breakfast Burrito Juice Milk	30 KOLACHES Fruit Juice Milk	31 Cereal Juice Milk

(Sna)ctivity

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

Grawing Months: April through Revember

Did You



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 Boalthy Troat: You can spread poanut butter inside the colony stalk and add raising on top and call it "ants on a log." Ask an adult for holp making this healthy snack!

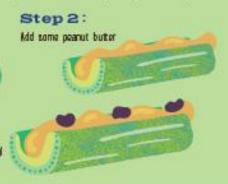
Step 1:

Get some fresh Texas colony



Step 3:

Lastly add frosh raisins, Enjoy



Joke of the Month

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



Crowing 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

Grawing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

