

MARCH

Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

OAKWOOD ISD

1 Sloppy Joes
Potato Salad
Baked Beans
Roll Fruit Milk
3rd-12th
SALAD BAR OPTION

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

3 Cheeseburger
Burger Salad
Pork-n-Beans
Baked Fries
Fruit
Milk

6 Chicken Strips
Ranch Style Beans
Corn
Mac & Cheese
Fruit
Milk

7 Beef Nacho
Pinto Beans
Spanish Rice
Fruit
Milk

8 Pizza
Green Salad
Seasoned Corn
Fruit Cups
Milk

9 Chili Cheese
Hot Dogs
Pork-n-Beans
Corn Chips
Fruit Milk

10 Cheeseburger
Burger Salad
Pork-n-Beans
Baked Fries
Fruit
Milk

SCHOOL BREAKFAST WEEK

13 **SPRING BREAK**

14 **SPRING BREAK**

15 **SPRING BREAK**

16 **SPRING BREAK**

17 **SPRING BREAK**

20 Burrito w/ Cheese
Pinto Beans
Refried Beans
Spanish Rice
Fruit
Milk

21 Chicken Strips
Mashed Potato
Seasoned Corn
Roll
Fruit
Milk

22 Loaded Baked
Potato
Baked Beans
BBQ
Roll Fruit Milk

23 Pizza
Sliced Cucumbers
Corn on the Cob
Fruit Cups
Milk

24 Cheeseburger
Burger Salad
Pork-n-Beans
Baked Fries
Fruit
Milk

27 BBQ Sandwich
Baked Beans
Potato Salad
Pickle Spears
Fruit
Milk

28 Salisbury Steak
Mashed Potato
Green Beans
Roll
Fruit
Milk

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

30 Beef Nacho
Refried Beans
Season Corn
Spanish Rice
Fruit
Milk

31 Cheeseburger
Burger Salad
Pork-n-Beans
Baked Fries
Fruit
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



Visit: SquareMeals.org/SeasonalityWheel