

MARCH

2019



It's **GUS JUSTICE** to the rescue!

GOOD EATS AT
K-8 Schools



M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

Breakfast Pizza
Spaghetti W/Meat
Dinner Roll
Garden Salad
Jicama 1

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Pancake Wrap
Sweet & Sour Chicken
Asian Rice
Mix Veggies
Cucumbers 4

Concha
Pozole
Dinner Roll
Cabbage/Radish
Jicama 5

Egg & Potato Burrito
Fish
Dinner Roll
Potato Wedges
Garbanzo Beans 6

French Toast
Popcorn Chicken
Dinner Roll
Mashed Potatoes W/Gravy
Peas and Carrots 7

SB&Jelly Sandwich
Cheese Enchiladas
Spanish Rice
Beans
Romaine Confetti Salad 8

Cereal
Baked Chicken
Dinner Roll
Mashed Potatoes
Cut Corn 11

Cinnamon Roll
Pizza
Carrot Bites
Celery Dippers 12

Egg & Sausage Burrito
Chicken Burger
Fries
Romaine Lettuce & Tomato 13

Assorted Frudel
Taco Salad
Pinto Beans
Confetti Salad 14

Yogurt Parfait W/Cracker
Tapatias
Cut Corn
Peas and Carrots 15

Spring Break

18-22

Pig in a Blanket
Nachos
Pinto Beans
Romaine Confetti Salad 25

Banana Bread
Pizza
Sweet Potato Fries
Jicama 26

Egg & Bacon Burrito
Hot Dog or Chili Dog
Tater Tots
Cucumbers 27

Sausage Biscuit
Buffalo Chicken
Dinner Roll
Mashed Potato w/Gravy
Mixed Veggies 28

Marranito
Manager's Fish Special
Grain
Veggies 29

SPECIAL ANNOUNCEMENTS

- Salads**
- Monday: Spicy Buffalo Ranch
 - Tuesday: Oriental Sesame
 - Wednesday: Caesar
 - Thursday: Mexiranch Fiesta
 - Friday: Manager's Special
- Sandwiches**
- Monday: Deli
 - Tuesday: Cold Cut Sub
 - Wednesday: Turkey Croissant
 - Thursday: Spicy Chicken Wrap
 - Friday: Manager's Special

Fresh/Chilled Fruit & Milk Offered with Every Meal

GUS JUSTICE

Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.

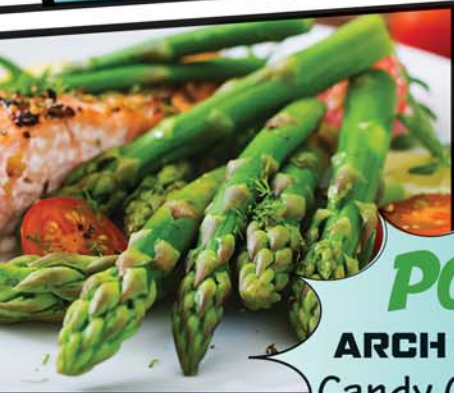


FUN FACT

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S
**FAVORITE
ACTIVITIES**
Track and field
and Bowling



POW!
ARCH ENEMY
Candy Criminals



JOKE OF THE MONTH

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Asparagus) (Asparagus) (Asparagus)

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension