FEBRUARY 2020

GOOD EATS AT

It's LORENA LIGHTNING

M	T	W	TH	F
Pig in Blanket Macaroni Cheese Green Beans Pears Milk 3	BBQ Drumstick Scalloped Potatoes Mixed Vegetable Bread Peaches Milk 4	Chicken Spaghetti Salad Broccoli Brownie Roll Milk 5	Pork Pattie Macaroni Tomatoes Green Beans Bread Pears Milk 6	Taco Salad Ranch Beans Pineapple Milk 7
BBQ on Bun Potato Rounds Pinto Beans Pears Milk 10	Chicken Nuggets Potatoes, Gravy English Peas Roll Mandarin Oranges Milk 11	Polish Sausage Potato Casserole Pinto Beans Bread Apricots Milk 12	Mexican Casserole Corn Salad Cornbread Ice Cream Milk 13	Ham Sandwich Chips Vegetarian Beans Apple Milk 14
No School 17	No School 18	Ravioli Green Beans Salad Breadstick Pears Milk 19	Smothered Chicken Rice Broccoli Roll Peaches Milk 20	Frito Pie Salad Pineapple Milk 21
Corndog Potato Rounds Pinto Beans Peaches Milk 24	Spaghetti Green Beans Salad Bread Pears Milk 25	Steak Fingers Potatoes, Gravy Blackeyed Peas Roll Brownie Milk 26	Beef Pattie Oven Potatoes Squash Bread Milk 27	Pizza Salad Peaches Milk 28

YOU ART WHAT YOU EAT ART CONTEST

Art Contest
ENTER TODAY
SquareMeals.org/ArtContest

SPECIAL ANNOUNCEMENTS

GET READY

SCHOOL BREAKFAST WEEK
MARCH 2-6
SquareMeals.org/SBW

square meals

Food and Nutrition Division | National School Lunch Program and School Breakfast Program

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
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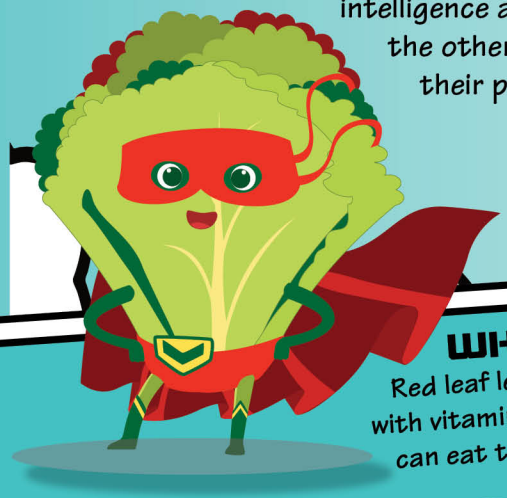
Lorena was a regular head of lettuce in the Healthyville fields when one day, lightening struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.



WHAT TO KNOW

Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a varitey of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nuition profile as green leaf lettuce and romaine.

POWER

SUPER INTELLIGENCE

JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES