

FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



Special Announcements

“BOBCATS”

Students can choose One of Two Different Entree’s daily.

Menu subject to change without notice due to product availability.



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast Week is next Month!

Waffle, Eggo Mini Cinna Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Burrito, Breakfast Salsa in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Oatmeal, with Toast/ Cafeteria
Cereal Bar-Elem
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk 1%, White
Fresh Fruit
Fruit, Assorted
Jelly

WG Muffin, Variety
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

Breakfast Pizza/or Combo Bar
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Fresh Fruit
Fruit, Assorted
Jelly

Pancake, Mini Maple Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Eggs, Scrambled -cafeteria
Breakfast Wrap-Elem
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Fresh Fruit
Fruit, Assorted
Jelly

Pancake /Sausage/ Stick Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Sausage Biscuit/ (Gravy in cafeteria)
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

Yogurt & Graham Cracker
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

VALENTINES DAY

Waffle, Eggo Mini Cinna Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Burrito, Breakfast Salsa in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Oatmeal, with Toast/ Cafeteria
Cereal Bar-Elem
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk 1%, White
Fresh Fruit
Fruit, Assorted
Jelly

WG Muffin, Variety
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

Breakfast Pizza/or Combo Bar
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Fresh Fruit
Fruit, Assorted
Jelly

Pancake, Mini Maple Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Eggs, Scrambled -cafeteria
Breakfast Wrap-Elem
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Fresh Fruit
Fruit, Assorted
Jelly

Pancake /Sausage/ Stick Syrup in cafeteria
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fruit, Assorted
Jelly

Sausage Biscuit/ (Gravy in cafeteria)
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

Yogurt & Graham Cracker
Cereal, Assorted
Bread, Whole Wheat
Milk, FF Chocolate
Milk, 1% White
Juice
Fresh Fruit
Jelly

Good Eats At:

Fruitvale I.S.D.

Breakfast

HS-12th

Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



Fun Fact

Blackberries, unlike raspberries, have a solid center when they are pulled off the "cane".

Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: [SquareMeals.org/SeasonalityWheel](https://www.squaremeals.org/SeasonalityWheel)



Activities

FIND YOUR WAY TO THE GOLD STAR!

START



Joke of the Month

Q. What do you call a sad berry?
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.