

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

"BOBCATS"

Students can choose one of Two 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!

Steak Fingers/Gravy
Beef Teriyaki
Salad
Baby Bakers
Roll
Orange
Mixed Fruit/or Cake
Milk, Ketchup, salsa

Zesty Orange Chicken
Macaroni/ Beef pasta
Imperial Blend Vegetables
Lima Beans
Brown Rice
Pineapple Tidbits
Sliced Peaches
Milk

Hamburger/ Cheese Burger
Taco Salad
Tatar Tots
Raw Carrots
Side Kick
Mixed Fruit/ Topping
Milk
Ketchup, Mayo, Mustard

Cheese OR Pepperoni Pizza
Baked Chicken
Dinner Roll
Spinach Strawberry Salad
Cauliflower w/ Cheese
Apple Crisp
Diced Pears
Milk

Beef/ Bean Burrito
Nacho/Beef
Season Corn
Toss Salad
Brown Rice
Craisins
Mandarin Oranges
Milk----Ranch, Ketchup

Chicken Tenders/ Gravy
Corn Dog
Green Beans
Mashed Potatoes
Roll
Strawberries
Diced Peaches
Milk

Spaghetti w/ Meat
Quesadilla
Black Eye Peas
Zucchini Squash
Garlic Toast
Pineapple Chunks
Apple Sauce Cinn
Milk

Hamburger
Chef Salad
Sweet Potato Fries w/ Dipping Sauce
Celery Sticks
Mixed Fruit /Topping
Side Kick
Milk----Ketchup, Mayo,
Mustard

Cheese Pizza
Chicken Fried Steak/ gravy
Seasoned Peas
Carrots
Banana
Pineapple Tidbits
Milk, Ketchup

Nacho/Beef
Cheese Stix /Marinara
Pinto Beans
Roasted Peppers/onions
Brown Rice
Diced Pears
Pineapple Chunks
Milk

VALENTINES DAY

Crispito
Chicken Fajita
Mixed Vegetable
Yellow quash
Mac & Cheese
Mixed Fruit / or Cake
Sliced Peaches
Milk----Ketchup

BBQ Stuffed Potato
Chicken Nuggets
Broccoli/ Cheese
Season Corn
Green Apples
Orange
Roll
Milk-----Ketchup

Hamburger
Steak Fingers/ gravy
French Fries
Carrot Salad
Mixed Fruit/Topping
Milk
Ketchup -Mayo, Mustard

Salisbury Steak/brown gravy
Cheese Pizza
Seasoned Corn
Salad
Baked Apples
Banana
Milk

Fish on Bun
Tamales
Sunset Veggie juice
Three Bean Salad
Mac & Cheese
Apple sauce Cinn.
Strawberries
Milk
Salsa, Ranch, Ketchup

Chicken Rings /Gravy
Steak on Bun
Green Beans
Mashed Potatoes
Gelatin/Mixed Fruit
Craisins
Milk
Mayo, Mustard, Ketchup

Nacho/Beef
Pepperoni Pizza
Brown Rice
Salad
Cherry Tomatoes
Peach Halves
Pears
Milk

Hamburger
Hot Dog
Baked Beans
Sweet Potato Fries
Side Kicks
Mixed Fruit/Topping
Milk, Mayo, Mustard, Ketchup

Sloppy Joe on bun
Cheese Pizza
Broccoli Salad
Italian Vegetable
Apple
Banana
Milk, Mayo, Mustard

Cheese Enchilada
Chicken Sandwich
Cherry Tomatoes
Refried Beans
Sliced Pears
Diced Peaches
Salsa
Milk—Mayo, Mustard

Good Eats At:

Fruitvale ISD

H-12th

Lunch

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!



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.