

Lettuce  
World



Lamar "Red Leaf"  
Lettuce x 02



# FEBRUARY 2018

MON

TUE

WED

THUR

FRI

**SCHOOL  
BREAKFAST  
WEEK**

IS NEXT MONTH!

MARCH 5-9

[squaremeals.org/sbw](http://squaremeals.org/sbw)

+200



+100



+50

**Good  
Eats at:**

Lockney ISD Cafeteria  
310SW 8<sup>th</sup> Street  
Lockney, TX

2.14

Valentine's Day

Early Bird  
Sandwich OR  
Cereal, Toast  
Fruit  
Fruit Juice  
Milk 5

Chicken-n-  
Biscuit  
OR PBJ  
Fruit  
Fruit Juice  
Milk 6

Biscuit, Gravy  
Scrambled  
Eggs, Bacon  
OR Muffin  
Yogurt, Fruit  
Fruit Juice &  
Milk 7

Pancake Wrap  
Yogurt OR  
Breakfast  
Crackers  
Cheese, Fruit  
Fruit Juice &  
Milk 8

Biscuit  
Sausage OR  
Cereal, Toast  
Fruit  
Fruit Juice  
Milk 9

Pancakes  
Bacon OR  
Cereal, Toast  
Fruit  
Fruit Juice  
Milk 12

Cheesy Toast  
OR PBJ  
Fruit  
Fruit Juice  
Milk 13

French Toast  
Sausage OR  
Muffin, Yogurt  
Fruit  
Fruit Juice  
Milk 14

Oatmeal\*  
Cinnamon Toast  
OR Cereal Bar  
Yogurt, Fruit  
Fruit Juice  
Milk 15

Breakfast  
Burrito, Hash  
Browns OR  
Cereal, Toast  
Fruit, Fruit  
Juice & Milk 16

Sausage  
Kolache  
Yogurt OR  
Cereal, Toast  
Fruit, Fruit  
Juice & Milk 19

Cheese Omelet  
Toast OR  
PBJ  
Fruit  
Fruit Juice  
Milk 20

Waffles  
Sausage OR  
Muffin, Yogurt  
Fruit  
Fruit Juice  
Milk 21

Breakfast  
Pizza OR PBJ  
Fruit  
Fruit Juice  
Milk 22

Donut OR  
French Toast\*  
Sausage OR  
Cereal, Toast  
Fruit, Fruit  
Juice & Milk 23

Pancakes  
Sausage OR  
Muffin, Yogurt  
Fruit  
Fruit Juice  
Milk 26

Breakfast  
Burrito, Hash  
Browns OR  
PBJ, Fruit  
Fruit Juice  
Milk 27

Biscuit, Bacon,  
Scrambled  
Eggs OR Cereal  
Toast, Fruit  
Fruit Juice  
Milk 28

**SPECIAL  
Announcements**

All Meals Are Offered  
Free of Charge to All  
Students PK-12<sup>th</sup>.

Breakfast Served Daily  
From 7:15AM-7:50AM  
in Elementary Cafeteria  
For Grades PK-5<sup>th</sup>  
Grade and  
From 7:35AM-7:55AM In  
Breezeway Of JH & HS  
For Grades 6<sup>th</sup>-12<sup>th</sup>  
Grades.

\*Indicates designated  
Pre-K Item.



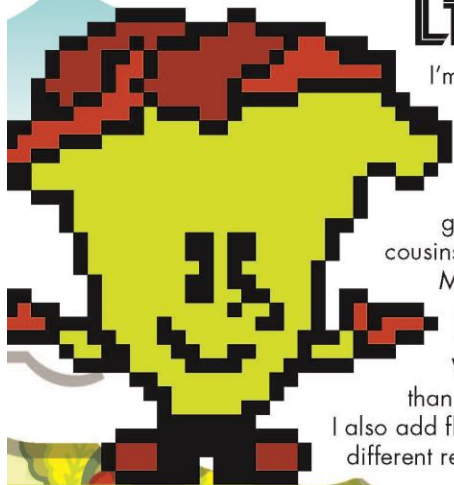
TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



Fun facts  
on back!

This product was funded by USDA. This institution is an equal opportunity provider.





## Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



## Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.



## FUN FACT

Did you know lettuce is a member of the sunflower family?

## Launch PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

## MAZE

Find your way to the red leaf lettuce



## Joke of the MONTH

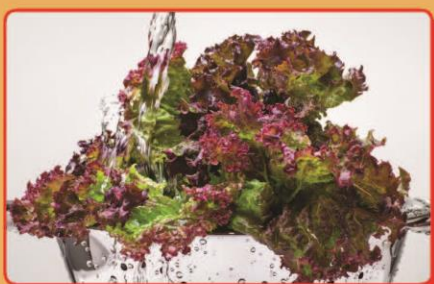
Knock Knock!

Who's there?

Lettuce.

Lettuce who?

Lettuce in, we're freezing.



## Tuna Apple Salad SANDWICH

### INGREDIENTS

1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ⅛ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

### PREPARATION

**1.** Cut apple in quarters; remove core and chop. **2.** In a medium-sized bowl, mix all salad ingredients, except tuna. **3.** Gently fold in tuna. **4.** Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of:  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)