



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

**SCHOOL
BREAKFAST
WEEK**

IS NEXT MONTH!

MARCH 5-9

squaremeals.org/sbw

+200



+100



+50

Enchiladas OR
Taqito/ Queso
Charro Beans
Seasoned Corn
Salsa*, Fruit
Fruit Crisp*
Milk 5

Meatball Sub
Potato Rounds
OR Chili Cheese
Combo
Veggie Cup
Mixed Fruit
Milk 6

Chicken
Nuggets
Mac & Cheese
Green Beans
Garden Salad*
Apple Slices
Milk 7

Grilled Cheese
Multigrain Chips*
OR Country Pot
Pie; Broccoli
Bites, Veggie Cup
Snowball Salad
Milk 1

Chicken Bowl OR
Roast Beef
Sandwich w/
Brown Gravy
Green Beans
Mashed Potatoes
Apples & Milk 2

Steak Fingers
OR Breaded Pork
Chop, Gravy, Roll
Mashed Potatoes
Carrot Coins
Strawberries &
Bananas & Milk 12

Spaghetti Bowl
Breadstick OR
Pizza & Marinara
Sauce*, Salad*,
Steamed Veggies
Fruit Cup,
Pudding* & Milk 13

Chicken Wings
OR Texas Chili
Cornbread
Celery Sticks
Carrot Sticks
Oranges Smiles
Brownie* & Milk 14

Mexican Combo
OR Chicken
Quesadilla
Mexicali Corn*
Refried Beans
Salsa, Garnish
Peaches & Milk 15

Popcorn
Chicken, Roll
OR Sloppy Joe
Broccoli Bites
Oven Fries
Fresh Fruit
Milk 16

**NO
School
Snow Day**

19

Crispy Tacos OR
Frito Pie, Garnish
Veggie Cup
Charro Beans
Apple-Pineapple
D'Lite, Salsa &
Milk 20

Lasagna OR
Chicken Nuggets
Mashed Potatoes
Garden Salad
Tuscan Veggies*
Roll, Pears & Milk 21

Hamburger
Cheeseburger
OR Hot Dog
Oven Fries
Baby Carrots
Orange Smiles
Milk 22

Pulled Pork
Sliders, Coleslaw
OR Chicken
Parmesan, Salad
Breadstick
Green Beans
Pineapple & Milk 23

Corn Dog & Tots
OR Roasted
Chicken, Roll &
Broccoli
Baked Beans
Apple-Pineapple
D'Lite & Milk 26

Nachos Grande
Beans, Salsa
Garnish OR Taco
Soup & Corn-bread,
Tomato Cup,
Cucumbers,
Peaches, Sherbet*
& Milk 27

Chicken Sandwich
Oven Fries OR
Xtreme Burrito
Corn, Salsa &
Garnish
Veggie Cup
Fruit & Milk 28

**Good
Eats at:**

Lockney ISD Cafeteria
310 SW 8th Street
Lockney, Texas

2.14

Valentine's Day

**SPECIAL
Announcements**

All Meals Are Offered
Free of Charge to all
Students PK-12th Grade

Lunch Is Served Daily
From 11:00AM-1:00PM.

We Encourage You To
Eat With Your Child
Anytime.

Grades 9th-12th Are
Offered An Extra ½ Cup
Of Fruit Daily.

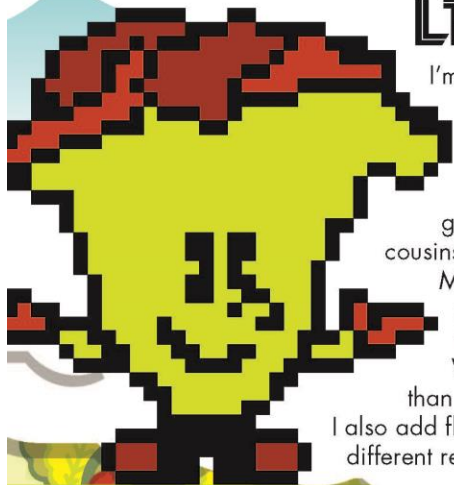
*Indicates Items
Offered Only To Grades
K-12th.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Fun facts
on back!



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.



MAZE

Find your way to the red leaf 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

Joke of the MONTH

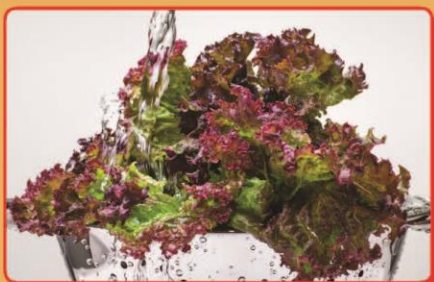
Knock Knock!

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