

# MARCH

## Special Announcements

COLMESNEIL ISD BREAKFAST MENU

CONDIMENTS

JELLY  
SYRUP  
SALSA



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

		<p>1 Breakfast Pizza Cereal/Toast Juice/Milk Fruit</p>	<p>2 Honey Buns Cereal/Toast Juice/Milk Fruit</p>	<p>3 Sausage/Biscuit Cereal/Toast Juice/Milk Fruit</p>
<p>6 Pancake Sausage Cereal/Toast Juice/Milk Fruit</p>	<p>7 Cinnamon Rolls Cereal/Toast Juice/Milk Fruit</p>	<p>8 Breakfast Burrito Cereal/Toast Juice/Milk Fruit</p>	<p>9 Mini Pancake Cereal/Toast Juice/Milk Fruit</p>	<p>10 Sausage/Biscuit Cereal/Toast Juice/Milk Fruit</p>
S C H O O L   B R E A K F A S T   W E E K				
<p>13 Pop Tarts Cereal/Toast Juice/Milk Fruit</p>	<p>14 French Toast Stix Cereal/Toast Juice/Milk Fruit</p>	<p>15 Yogurt/Teddy Grahams Cereal/Toast Juice/Milk Fruit</p>	<p>16 Donuts Cereal/Toast Juice/Milk Fruit</p>	<p>17 Sausage/Biscuit Cereal/Toast Juice/Milk Fruit</p>
<p>20 Pancake Sausage Cereal/Toast Juice/Milk Fruit</p>	<p>21 Honey Buns Cereal/Toast Juice/Milk Fruit</p>	<p>22 Breakfast Burrito Cereal/Toast Juice/Milk Fruit</p>	<p>23 Mini Pancake Cereal/Toast Juice/Milk Fruit</p>	<p>24 Sausage/Biscuit Cereal/Toast Juice/Milk Fruit</p>
<p>27 Pop Tarts Cereal/Toast Juice/Milk Fruit</p>	<p>28 Breakfast Pizza Cereal/Toast Juice/Milk Fruit</p>	<p>29 Breakfast Burrito Cereal/Toast Juice/Milk Fruit</p>	<p>30 Cinnamon Rolls Cereal/Toast Juice/Milk Fruit</p>	<p>31 Sausage/Biscuit Cereal/Toast Juice/Milk Fruit</p>

# Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

## Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

## Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

### Step 1:

Get some fresh Texas celery



### Step 2:

Add some peanut butter



### Step 3:

Lastly add fresh raisins. Enjoy!



## Joke of the Month

Q. What vegetable might you find in your basement?  
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

# Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)