

MARCH

Special Announcements

COLMESNEIL ISD CAFE MENU

CONDIMENTS

MAYO PACKETS
MUSTARD PACKETS
KETCHUP PACKETS
SALSA PACKETS



YOU ART WHAT YOU EAT ART CONTEST
CREATE & ENTER!
VISTY.SPANGLERISD.ORG/ARTCONTEST
FOR MORE DETAILS.

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

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1 EGG ROLL
STEAMED CARROTS
BROCCOLI/RANCH
FRUIT
MILK

2 CHICKEN WRAP
LETTUCE/TOMATO
FRUIT
MILK

3 TRIPLE HAM
SANDWICH
LETTUCE CUP
FRUIT
MILK

6 CORN DOG
PINTO BEANS
FRUIT
MILK

7 TUNA SANDWICH
CELERY STIX
FRUIT
MILK

8 LINK ON BUN
RANCH BEANS
BROCCOLI/RANCH
FRUIT
MILK

9 BBQ ON BUN
BAKED BEANS
FRUIT
MILK

10 TRIPLE HAM
SANDWICH
LETTUCE CUP
FRUIT
MILK

SCHOOL BREAKFAST WEEK

13 TURKEY ROLL
CARROTS/RANCH
LETTUCE
FRUIT
MILK

14 MINI CORN DOGS
PINTO BEANS
FRUIT
MILK

15 HAM SANDWICH
LETTUCE/TOMATO
FRUIT
MILK

16 EGG ROLL
BROCCOLI STEAMED
FRUIT
MILK

17 FISH SANDWICH
LETTUCE CUP
FRUIT
MILK

20 LINK ON BUN
BROCCOLI/RANCH
RANCH BWEANS
FRUIT
MILK

21 EGG ROLL
SPANISH RICE
STEAMED CARROTS
FRUIT
MILK

22 CORN DOGS
PINTO BEANS
FRUIT
MILK

23 FISH SANDWICH
LETTUCE/TOMATO
FRUIT
MILK

24 HAM SANDWICH
LETTUCE CUP
FRUIT
MILK

27 TURKEY SANDWICH
LETTUCE CUP
FRUIT
MILK

28 BBQ SANDWICH
BAKED BEANS
FRUIT
MILK

29 CHICKEN WRAP
LETTUCE CUP
FRUIT
MILK

30 TUNA SANDWICH
CELERY STIX/RANCH
FRUIT
MILK

31 HAM SANDWICH
LETTUCE CUP
FRUIT
MILK

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

