

MARCH

Special Announcements

COLMESNEIL ISD LUNCH MENU

CONDIMENTS

MAYO PACKETS
MUSTARD PACKETS
KETCHUP PACKETS
SALSA PACKETS



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

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

		<p>1 Chicken Tenders Potato /Gravy Blackeye Peas Rolls Fruit Milk</p>	<p>2 Frito Pie Pinto Beans Corn Fruit Milk</p>	<p>3 Chicken Sandwich Fries Lettuce Cup Fruit Milk</p>
<p>6 Chicken Rings Potato/Gravy Northern Beans Rolls Fruit Milk</p>	<p>7 Soft Taco Refried Beans Spanish Rice Fruit Milk</p>	<p>8 Enchilada/Chili Pinto Beans Corn Fruit Milk</p>	<p>9 Mini Corn Dogs Mac/Cheese Turnips Greens Fruit Milk</p>	<p>10 Hamburger Fries Lettuce Cup Fruit Milk</p>
S C H O O L B R E A K I A S T W E E K				
<p>13 Salisbury Steak Rice/Gravy Northern Beans Rolls Fruit Milk</p>	<p>14 Taco Bowl Lettuce/Cup Pinto Beans Cornbread Fruit Milk</p>	<p>15 Burrito/Chili Refried Beans Spanish Rice Fruit Milk</p>	<p>16 Chicken Fajita Mexican Rice Lettuce Cup Fruit Milk</p>	<p>17 Cheese Burger Lettuce Cup Fries Fruit Milk</p>
<p>20 Chicken Rings Rice/Gravy Northern Beans Rolls Fruit Milk</p>	<p>21 Pizza Steamed Carrots Salad Fruit Milk</p>	<p>22 SteakFingers Potato/Gravy Blackeye Peas Rolls Fruit Milk</p>	<p>23 Frito Pie Pinto Beans Corn/Cornbread Fruit Milk</p>	<p>24 Hamburger Lettuce Cup Fries Fruit Milk</p>
<p>27 Chicken Fried Steak Potato/Gravy Blackeye Peas Rolls Fruit Milk</p>	<p>28 Chili Dogs Pinto Beans Corn Fruit Milk</p>	<p>29 Beef Tips/Rice Steamed Broccoli/Cheese Rolls Fruit Milk</p>	<p>30 Turkey Noodles Steamed Carrots Rolls Fruit Milk</p>	<p>31 Chicken Sandwich Lettuce Cup Fries Fruit Milk</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