

MARCH 2018

MON

TUE

WED

THUR

FRI

Special Announcements

CONDIMENTS:
SYRUP
JELLY

MARCH 1-3 ALICYN D.
MITCHAM MEMORIAL
SOFTBALL TOURNAMENT
MARCH 5-9 BOOK FAIR
MARCH 10- HIGH SCHOOL
PROM
MARCH 12- COLMESNEIL
ATHLETIC BOOSTER CLUB
BANQUET

**'YOU ART
WHAT YOU EAT'
ART CONTEST**
CREATE & ENTER!
STARTS MARCH 18!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Good Eats at:
COLMESNEIL ISD BREAKFAST

IT'S A GREAT DAY TO BE A BULLDOG!!

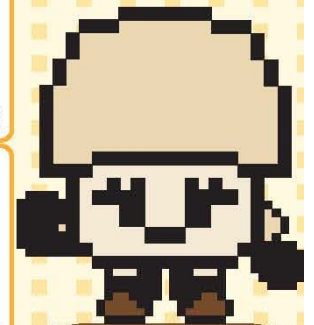
Mini Cream Cheese Bagels Cereal/Toast Fruit Juice Milk 5	Powdered Donut Cereal/Toast Fruit Juice Milk 6	Breakfast Pizza Cereal/Toast Fruit Juice Milk 7	Pancake Sausage Cereal/Toast Fruit Juice Milk 1	Pretzels & String Cheese Cereal/Toast Fruit Juice Milk 2
Kolachie Cereal/Toast Fruit Juice Milk 12	French Toast Cereal/Toast Fruit Juice Milk 13	Mini Maple Waffles Cereal/toast Fruit Juice Milk 14	Honey Buns Cereal/Toast Fruit Juice Milk 8	Blueberry Muffins Cereal/Toast Fruit Juice Milk 9
Mini Pancakes Cereal/Toast Fruit Juice Milk 19	Yogurt Bug bites Cereal/Toast Fruit Juice Milk 20	Pretzels & String Cheese Cereal/Toast Fruit Juice Milk 21	Cinnamon Rolls Cereal/Toast Fruit Juice Milk 15	Pop Tarts Cereal/Toast Fruit Juice Milk 16
Cinnamon Rolls Cereal/Toast Fruit Juice Milk 26	Mini Cream Cheese Bagels Cereal/Toast Fruit Juice Milk 27	Chocolate Chip Muffins Cereal/Toast Fruit Juice Milk 28	Pancake Sausage Cereal/Toast Fruit Juice Milk 22	Breakfast Pizza Cereal/Toast Fruit Juice Milk 23
			Powdered Donuts Cereal/Toast Fruit Juice Milk 29	GOOD FRIDAY!!! NO SCHOOL!!!! 30

SCHOOL BREAKFAST WEEK
MARCH 5-9
squaremeals.org/sbw

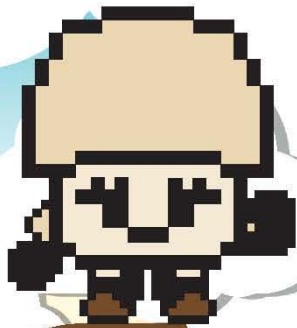
+200

+100

+50



Fun facts on back!



Button MUSHROOMS

Hey kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out of the ground and don't need sunlight. Button mushrooms were first grown in France nearly 300 years ago. We are used in a variety of foods throughout the world.

Despite being made up of around 90 percent water, we are sometimes thought of as the "meat" of the vegetable world. We are a low-calorie food that can be eaten raw, cooked or part of a larger meal.



Danger ZONE!

There are a few mushroom varieties found in the wild, called toadstools, which are very poisonous. So if you find a mushroom growing in the woods or the yard, don't eat it.



Word SEARCH

Find the word Mushroom

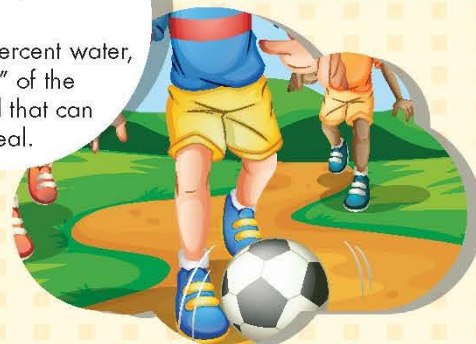
C	W	E	R	A	C	B	L
M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
S	T	O	Q	E	N	A	X
H	O	B	R	Y	F	C	L
U	J	T	M	H	D	W	O
L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

Launch PAD

BUTTON MUSHROOM GROWING REGIONS



1. East Texas
2. Central Texas



CHALLENGE

This month try to do 10 push-ups every day, and play outside for at least 30 minutes three times a week.

Fun FACT

There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.

Joke of the MONTH

Q: What would a mushroom car say?

A: Shroom shroom!



Work-out the ANSWER

- 1) To strengthen stomach muscles, I do lots of ___-ups.
- 2) My arms are getting stronger because I hang on the monkey ____ at school.
- 3) These shoes are great for _____ on the track.
- 4) I know it's a game, but swinging the _____ racket is great exercise.
- 5) I lift _____ at the gym to build strong muscles.



Fun FACT

Long before trees grew all over the world, Earth was covered by giant mushrooms.

Answers: sit, bars, running, tennis, weights