

MARCH 2018

MON

TUE

WED

THUR

FRI

Special Announcements

CONDIMENTS:

- KETCHUP
- MAYO
- MUSTARD
- SALSA
- MARINARA

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

IT'S A GREAT DAY TO BE A BULLDOG

Chicken Rings Mashed Potato/Gravy Steamed Broccoli Roll Fruit Milk 5	Fajita Nachos Refried Beans Lett/Tom Salsa Fruit Milk 6	Meatball Hoagie W/ Sauce Sweet Potato Fries Green Beans Fruit Milk 7	Turkey Noodles English Peas Carrots Roll Fruit Milk 8	Frito Pie w/ Cheese & Salsa Pinto Beans Muffin Cornbread Fruit Milk 2
Barbeque ribs on a bun Baked beans Sweet Potato Fries Fruit Milk 12	Mini Subs Baby Carrots W/Ranch Romaine Salad Fruit Milk 13	Meatballs & Gravy Mashed Potato Steamed Carrots Rolls Fruit Milk 14	Orange Chicken Fried Rice Steamed Broccoli Fruit Milk 15	Hamburgers French Fries Lett/Pic Fruit Milk 9
Steak Fingers Mashed Potato / Gravy Black eye Peas Fruit Milk 19	Meat &n Cheese Nachos Salsa Refried Beans Lett/Tom Fruit/Milk 20	Gumbo W/Rice Potato Salad Crackers Romaine Salad Fruit Milk 21	Jumbo Corndogs Mac & Cheese Baby Carrots W/Ranch Green Beans Fruit/Milk 22	Pizza Corn Romaine Salad Fruit Milk 16
Popcorn Chicken Mashed Potato/Gravy Steamed Carrots Roll Fruit/Milk 26	Barbeque Ribs on a bun Baked Beans Sweet Potato Fries Fruit Milk 27	Chicken Spaghetti Baby Carrots W/Ranch Romaine Salad Garlic Toast Fruit/Milk 28	Frito Pie Pinto Beans Corn Salsa Fruit Milk 29	Taco Snack Salsa Refried Beans Romaine Salad Fruit Milk 23
				GOOD FRIDAY NO SCHOOL!!!
				30

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

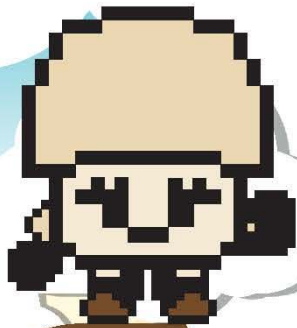
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Fun facts on back!



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.



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

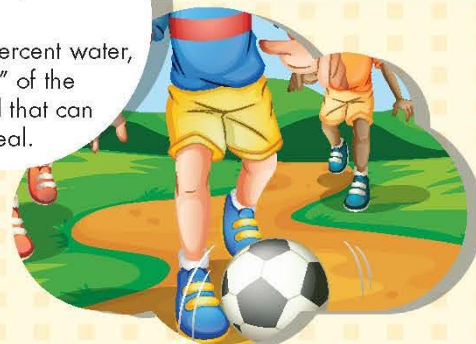
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M	I	U	O	O	T	L	L
U	O	G	H	J	K	V	W
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L	O	G	D	O	S	W	B
W	I	Y	J	Q	A	U	R
Y	Q	D	N	T	E	R	M

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