



# MARCH 2018

MON

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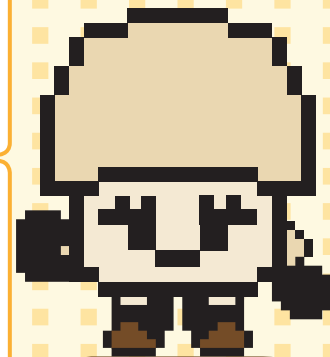
Special Announcements


Good Eats at:

**SCHOOL BREAKFAST WEEK**  
MARCH 5-9  
[squaremeals.org/sbw](http://squaremeals.org/sbw)

5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

-  +200
- +100 
-  +50



Fun facts on back! 

**'YOU ART WHAT YOU EAT'**  
ART CONTEST  
CREATE & ENTER!  
STARTS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# Button MUSHROOMS

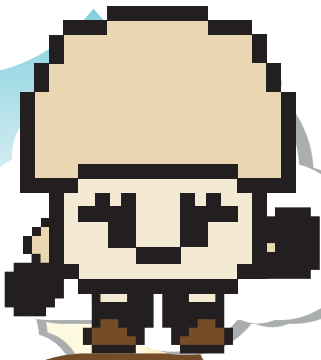
Hey kids. I'm Bonnie Button. Like all mushrooms, I am a fungus and grow out of the ground and don't need sunlight. Button mushrooms were first grown in France nearly 300 years ago. We are used in a variety of foods throughout the world.

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



## CHALLENGE

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

## LAUNCH PAD

BUTTON MUSHROOM GROWING REGIONS



1. East Texas
2. Central Texas

## 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!

+200

+100



+50



## 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.