



i'm **HADLEY HEN**

MARCH

2020

TDA's March 2020 Menu Calendar

SCHOOL BREAKFAST WEEK
MARCH 2-6
SquareMeals.org/SBW

GOOD EATS AT

BREMOND
PRE-K thru 12

M BREAKFAST Donut, fruit, juice, milk LUNCH Hamburger or sub, fries, lettuce, tomato, pickles, fruit, milk 2	T BREAKFAST Pancake stick, fruit, juice, milk LUNCH Beef/bean burrito or Frito pie, corn, veggie dippers, fruit, milk 3	W BREAKFAST Sausage/biscuit, fruit, juice, milk LUNCH Spaghetti or Ravioli, broccoli, carrots, garlic toast, fruit, milk 4	TH BREAKFAST Cinnamon sticks, smokies, fruit, juice, milk LUNCH Chicken nuggets or steak fingers, potatoes, green beans, roll, fruit 5	F BREAKFAST Scrambled eggs, biscuit, fruit, juice, milk LUNCH Grilled cheese or sub sandwich, tater tots, veggie soup, fruit, milk 6
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SPRING BREAK 9	SPRING BREAK 10	SPRING BREAK 11	SPRING BREAK 12	SPRING BREAK 13
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BREAKFAST Waffle, sausage, fruit, juice, milk LUNCH Chili dog or sausage link, fries, baked beans, fruit, milk 16	BREAKFAST Sausage roll, fruit, juice, milk LUNCH Salisbury steak, oven fried steak, mashed potatoes, blackeye peas, roll, gravy, fruit, milk 17	BREAKFAST Donut, fruit, juice, milk LUNCH Corn dog or barbecue, roasted potatoes, Ranch beans, veggie dippers, fruit, milk 18	BREAKFAST Pancake stick, fruit, juice, milk LUNCH Hamburger or sub, tater tots, lettuce, tomato, pickles, fruit 19	BREAKFAST Scrambled eggs, biscuit, fruit, juice, milk LUNCH Cheese pizza or hot pocket, Romaine salad, carrots, fruit, milk 20
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BREAKFAST Breakfast pizza, fruit, juice, milk LUNCH Soft beef taco or chicken fajita, corn, pinto beans, fruit, milk 23	BREAKFAST Muffin top, fruit, juice, milk LUNCH Baked or oven fried chicken breast, potatoes, green beans, roll, fruit, milk 24	BREAKFAST Cinnamon sticks, smokies, fruit, juice, milk LUNCH Pizza, Romaine salad, carrots, fruit, milk 25	BREAKFAST Sausage/biscuit, fruit, juice, milk LUNCH Hamburger or sub sandwich, tater tots, lettuce, tomato, pickles, fruit, milk 26	BAD WEATHER DAY 27
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BAD WEATHER DAY 30	BREAKFAST Pancake stick, fruit, juice, milk LUNCH Corn dog or rib sandwich, fries, baked beans, sliced cucumbers, fruit, milk 31
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SPECIAL ANNOUNCEMENTS

Menu is subject to change without notice.

Choice of breakfast items: Yogurt/graham or cereal.



The Art Contest Continues!
Enter today! Deadline next month!
SquareMeals.org/ArtContest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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HADLEY HEN



Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

HADLEY HEN'S FAVORITE ACTIVITY

Bowling



WHAT TO KNOW

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables, and whole grains are all part of a good breakfast- and they're all produced right here in Texas.

HOW MANY?

Count the correct number of each fruit or vegetable below.



FUN FACT

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!

POWER BRAIN POWER














JOKE OF THE MONTH

Q: What did Snow White call her chicken?

A: Egg White



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	_____		_____
	_____		_____

5		8	
3		7	
2		6	