

MARCH

2019

GOOD EATS AT

Timber Wolf Cafe

SPECIAL ANNOUNCEMENTS

All Meals Served with Fruit and Milk

It's **GUS JUSTICE** to the rescue!

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART what You Eat"
Create and enter today!
SquareMeals.org/artcontest

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

PopTarts Chicken Nuggets Broccoli&Cheese Sliced Carrots 4	French Toast Street Tacos Refried Beans Chuckwagon Corn 5	Sausage Biscuit Chicken Alfredo Green Peas Spinach/Breadstix 6	Pancake on Stick Steak Fingers Potatoes/Gravy Green Beans 7	Honey Buns Corndogs Chips Baby carrots 8
SPRING BREAK 11	SPRING BREAK 12	SPRING BREAK 13	SPRING BREAK 14	SPRING BREAK 15
Teachers Only Staff Development 18	Pop Tarts Chicken Strips French Fries Sweet Potatoes 19	French Toast Chicken Fajitas Charro Beans Corn 20	Kolache BBQ Sandwich Baked Beans Coleslaw 21	Donuts Cheeseburgers Salad Cup Baby carrots 22
Brkft Burritos Chicken Sandwich French Fries Lima Beans 25	French Toast Soft Tacos Pinto Beans Salad Cup 26	Waffle/Sausage Meatball Sub Mixed Veggies Yellow Squash 27	Pancake/Sausage Salisbury Steak Potatoes and Gravy Green Peas/Roll 28	Honey Buns Corndogs Diced Carrots Chips 29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

[f](#) [t](#) [v](#) [i](#)

This product was funded by USDA.
This institution is an equal opportunity provider.

GUS JUSTICE
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.

FUN FACT

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S FAVORITE ACTIVITIES
Track and field and Bowling



POW!

ARCH ENEMY
Candy Criminals

JOKE OF THE MONTH

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Answer) Spare (Answer)

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension