



FEBRUARY 2020

GOOD EATS AT

HEAD START BREAKFAST MENU

SPECIAL ANNOUNCEMENTS

It's **LORENA LIGHTNING**

YOU ART WHAT YOU EAT
ART CONTEST

Art Contest
ENTER TODAY
SquareMeals.org/
ArtContest

M	T	W	TH	F
6 oz Milk ½ slc Toasted Cheese Bread ½ c Kiwi 3	6 oz Milk 1 oz Biscuit 1 oz Turkey Sausage ½ c Berry Blend 4	6 oz Milk ¾ c Brown Sugar Oatmeal ½ c Apricots 5	6 oz Milk 1 oz Blueberry Muffin ½ c Applesauce 6	6 oz Milk 1-4" Pancake ½ c Mandarin Oranges 7
6 oz Milk 1 oz Turkey Patty ½ c Honeydew 10	6 oz Milk ½ c Kix Cereal ½ c Peaches 11	6 oz Milk ¼ c Scrambled Eggs ½ slc Toast ½ c Orange Wedges 12	6 oz Milk ½ WW Bagel 1 Tbsp Cream Cheese ½ c Mangos 13	6 oz Milk ¾ c Cream of Wheat ½ c Raspberries 14
6 oz Milk 1 Ham Omelet ½ slc WW Toast ½ c Berry Blend 7	6 oz Milk 1-4" Pancake ½ Kiwi 18	6 oz Milk ½ c Cheerios ½ Banana 19	6 oz Milk 1 Turkey & Biscuit Sandwich ½ Mandarin Oranges 20	6 oz Milk ½ slc Cinnamon Bread ½ c Strawberries 21
6 oz Milk 1 Biscuit & Gravy ½ c Mangos 24	6 oz Milk ½ Egg & Cheese Burrito ½ Banana Slices 25	6 oz Milk 1 slc Breakfast Pizza ½ c Warm Cinnamon Apples 26	6 oz Milk 2 Strips French Toast ½ c Diced Strawberries 27	6 oz Milk ½ Sausage Breakfast Sandwich ½ c Peaches 28



GET READY

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.

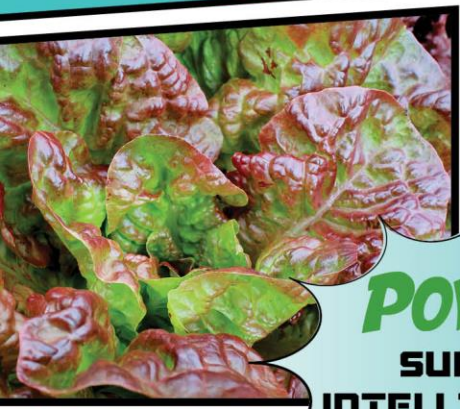


WHAT TO KNOW

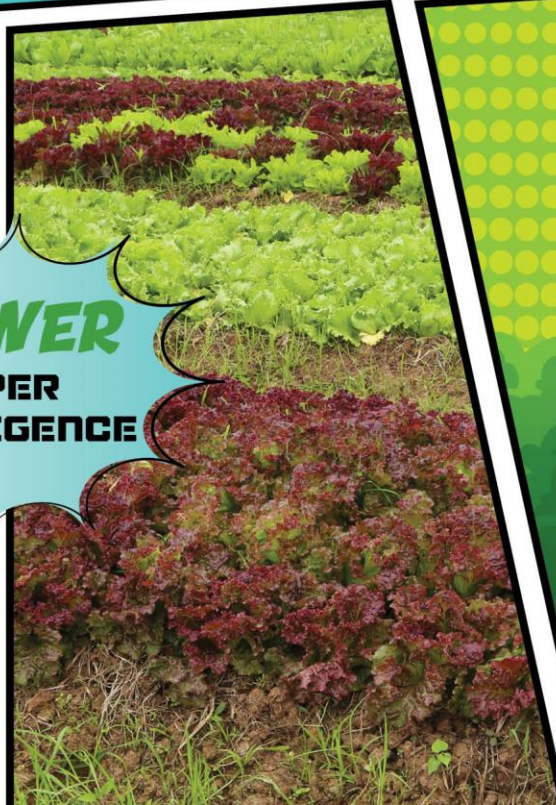
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER
SUPER
INTELLIGENCE**



JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

FIND THE SIX DIFFERENCES

