



# FEBRUARY 2020

**GOOD EATS AT**

**HEAD START LUNCH 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
1 pc Chicken Spaghetti ¼ c Spinach Salad ½ slc Garlic Bread ¼ c Pears 6 oz milk <b>3</b>	1 Soft Beef Taco ¼ c Black Beans ¼ c Diced Peaches 6 oz Milk <b>4</b>	3/8 c Beef Goulash ¼ c Carrots ¼ c Strawberries ½ WW Roll 6 oz Milk <b>5</b>	10 Popcorn Chicken ¼ c Sweet Potato Fries ¼ c Broccoli ¼ c Mangos ½ slc WW Bread 6 oz Milk <b>6</b>	1 Grilled Ham & Cheese Sandwich .5 oz Corn Chips ¼ c Tomato Soup ¼ c Apple Slices 6 oz Milk <b>7</b>
1 Pulled Pork Slider ¼ c Coleslaw ¼ c Cinnamon Applesauce 6 oz Milk <b>10</b>	1 ½ oz Grilled Chicken Patty ¼ c Green Beans ¼ c Brown Rice ¼ c Strawberries ½ slc WW Bread 6 oz Milk <b>11</b>	¾ Beef Spaghetti ¼ c Broccoli & Cheese ½ WW Roll ¼ c Pears 6 oz Milk <b>12</b>	½ Chicken Enchilada ¼ c Refried Beans ¼ c Tossed Salad ¼ c Pineapple Cubes 6 oz Milk <b>13</b>	4 Steak Fingers ½ c Mashed Potatoes ¼ c Apricots ¼ slc Texas Toast 6 oz Milk <b>14</b>
1 Chicken Quesadilla ¼ c Spanish Rice ¼ c Diced Tomatoes ¼ c Peaches 6 oz Milk <b>17</b>	½ Sloppy Joe 1/8 c Baked Beans ¼ c Carrot Sticks ¼ c Diced Pineapple 6 oz Milk <b>18</b>	6 Beef Ravioli Pies ¼ c Corn ¼ c Mangos ½ slc Garlic Bread 6 oz Milk <b>19</b>	1 c Potato & Ham Soup ¼ c Apricots 1 WW Roll 6 oz Milk <b>20</b>	1 slc Cheese Pizza ¼ c Tossed Salad ¼ c Pears 6 oz Milk <b>21</b>
1.5 oz Ham Slice ¼ c Macaroni & Cheese ¼ c Snap Peas ¼ c Mixed Fruit ½ WW Roll 6 oz Milk <b>24</b>	3 Chicken Nuggets ¼ c Sweet Potato Fries ¼ c Tossed Salad ¼ c Kiwi ½ WW Roll 6 oz Milk <b>25</b>	1 ½ oz Hamburger 1 Lettuce Leaf & Tomato 1 WW Bun ¼ c Tater tots ¼ c Pineapple Bits 6 oz Milk <b>26</b>	1 pc Lasagna ¼ Peas & Carrots ¼ c Apricots ½ WW Roll 6 oz Milk <b>27</b>	1 Bean & Cheese Burrito 1/8 c Lettuce/Tomato ¼ Fresh Apple Slices 6 oz Milk <b>28</b>



**GET READY**

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



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

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.

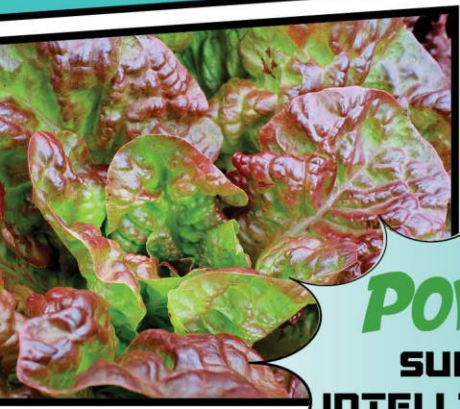


### WHAT TO KNOW

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

