



# FEBRUARY 2020

**GOOD EATS AT**

**EHS SNACK 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
¼ c Cheese-It Crackers ¼ Mixed Fruit Cup 3	½ c Banana 1 Tbsp Peanut Butter 4	¼ c Gold Fish 4 oz Milk 5	½ c Diced Pineapple Cup ¼ c Yogurt 6	½ Whole Grain Muffin 4 oz Milk 7
4 Wheat Crackers ½ oz Cheese 10	1 Tbsp Peanut Butter 2 Graham Cracker Squares *Teddy grahams are not to be served to children under 1 yr. 11	½ Banana ¼ c Yogurt 12	½ c Shredded Carrots 1 Tbsp Ranch 1 Sliced Cheese 13	8 Animal Crackers 4 oz Milk 14
½ Soft Pretzel Rod 4 oz Milk 17	2 Graham Cracker Squares ¼ c Yogurt *Teddy grahams are not to be served to children under 1 yr. 18	1 Tbsp Peanut Butter ½ Fresh Apple Diced 19	4 Wheat Crackers 1 slc Ham 20	½ Whole Grain Muffin 4 oz Milk 21
½ c Applesauce Cup ¼ c Gold Fish 24	1 pk Teddy Grahams ½ c Pear Cup *Teddy grahams are not to be served to children under 1 yr. 25	1 Boiled Egg 4 Wheat Crackers 26	1 Whole Grain Muffin ½ c Mandarin Orange Cup 27	¼ c Yogurt ½ c Cheerios 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.  
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.

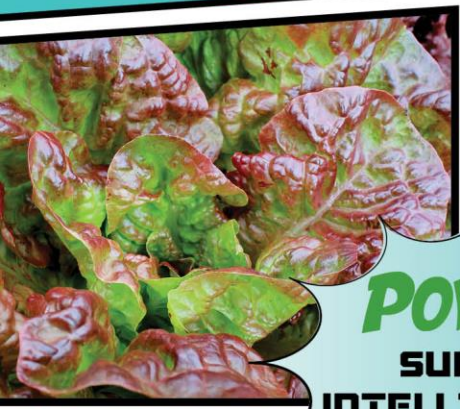


### WHAT TO KNOW

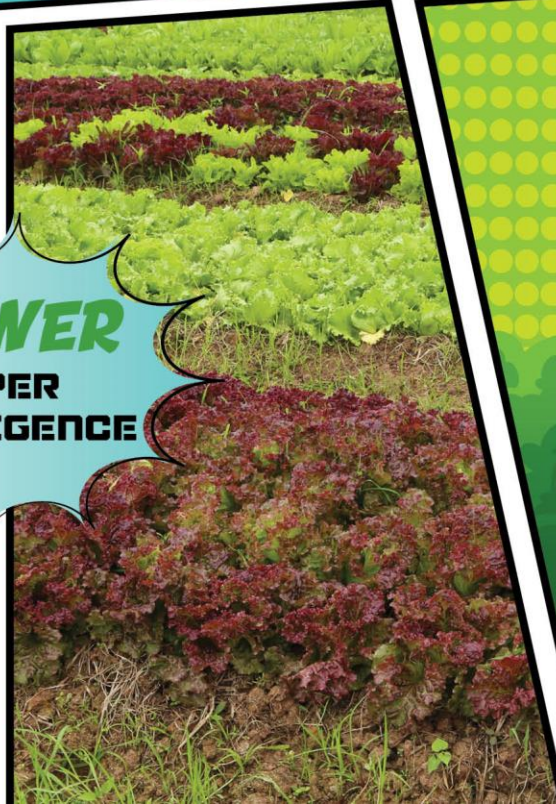
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

### 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

