



# MARCH

2021

## HEAD START BREAKFAST MENU



6 oz.. Milk  
¾ c Brown Sugar Oatmeal  
¼ c Oranges

1.

6 oz.. Milk  
½ slc. Buttered Toast  
1 Tbsp. Grape Jam  
½ c Mixed Fruit

2.

6 oz.. Milk  
1 Breakfast Corn Dog  
½ Banana

3.

6 oz.. Milk  
1 Breakfast Taco  
½ c Diced Pineapples

4.

6 oz.. Milk  
¾ c Cream of Wheat  
¼ c Raisins

5.

# HAPPY SPRING BREAK

8.

9.

10.

11.

12.

6 oz.. Milk  
1 oz. Turkey Sausage Patty  
½ c Cinnamon Applesauce

15.

6 oz.. Milk  
½ c Kix Cereal  
½ c Diced Peaches

16.

6 oz.. Milk  
¼ c Scrambled Eggs  
½ slc. Buttered Toast  
½ c Oranges

17.

6 oz.. Milk  
1/2 Bagel  
1 Tbsp.. Cream Cheese  
½ c Diced Pineapples

18.

6 oz.. Milk  
¾ c Cream of Wheat  
½ c Diced Pears

19.

6 oz.. Milk  
1 Ham Omelet  
½ slc Buttered Toast  
½ c Diced Pears

22.

6 oz.. Milk  
1-4" Pancake  
½ c Cinnamon Applesauce

23.

6 oz.. Milk  
½ c Cheerios  
½ Banana

24.

6 oz.. Milk  
1 Turkey Sausage Patty &  
Biscuit Sandwich  
½ c Mandarin Oranges

25.

6 oz.. Milk  
½ slc Cinnamon Bread  
½ c Diced Pears

26.

6 oz.. Milk  
1 Biscuit & Gravy  
½ c Mixed Fruit

29.

6 oz.. Milk  
½ Egg & Cheese  
½ Banana

30.

6 oz. Milk  
1 slc Breakfast Pizza  
½ c Diced Pineapple

31.

Special Announcements:

- School Breakfast Week Mar. 8-12



# ECLIPSE EGGS



An eclipse happens when a planet or a moon gets in the way of the sun's light. On Earth, we can experience two kinds of eclipses: solar eclipses and lunar eclipses. A solar eclipse happens when the moon passes in front of the sun and casts its shadow on Earth, making it dark during the day. During a lunar eclipse, Earth gets in the way of the sun's light hitting the moon. That means that during a lunar eclipse, the moon will fade away from view as Earth's shadow covers it up.

## CRACK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 8 5 14      5 7 7 19      20 5 12 12  
 10 15 11 5 19 ,      1 18 5      20 8 5 25  
 3 1 12 12 5 4      25 15 12 11 19 ?

Answer: When eggs tell jokes, are they called yolks?

## DID YOU 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 can all be part of a good breakfast and they're all produced right here in Texas. Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
 National School Lunch Program and School Breakfast Program



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[www.SquareMeals.org](http://www.SquareMeals.org)