



i'm **HADLEY HEN**

MARCH

2020

TDA's March 2020 Menu Calendar


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

GOOD EATS AT

100% Whole Grain products served
Real Butter, syrup and jelly served w/breakfast grains as needed
Milk Choices: Whole, Skim, 1%
Canned Fruit is in light syrup and drained lightly
All Vegetables are steamed

SPECIAL ANNOUNCEMENTS

Vegetarian Options:
02, 26- Cheese Quesadilla
03- Veggie BBQ Sandwich
04, 24- Veggie Rotini/Spaghetti
05, 12, 31-Veggie Taco/ Burger
17- Sweet & Sour Veggie Nuggets
18- Veggie Balls
13,27- Toasted Cheese
06, 19, 25- Veggie Patty
10- Veggie Sloppy Joe
11, 20, 23- Veggie Nuggets

M	T	W	TH	F
B-Pancake & Turkey Sausage, syrup, Baked Apples, Milk L-Chicken Quesadilla, Corn, Mixed Fruit, Milk S-Teddy Grahams 2	B-Cornchex Cereal, Toast, Oranges, Milk L-BBQ Chicken Sandwich, Green Beans, Pears, S-Cucumbers w/ranch 3	B-Boiled Egg, Toast, Mango, Milk L-Beef Rotini, steamed Broccoli, Peaches, Milk S-Cheese Stick w/crackers 4	B-Toast, Cheerios Cereal, Banana, Milk L-Turkey Taco Burger, Black Beans, Pineapple, Milk S-Yogurt 5	B-Biscuit, Turkey Sausage, Apple, Milk L-Hamburger, ketchup, Sweet Potato Fries, Apricots, Milk S-Animal Cracker 6
B-Cheerios Cereal, Toast, Oranges, Milk L-Cheese Pizza, Carrots, Pears, Milk S-Cheese Nips 9	B-Turkey Sausage, Toast, Applesauce, Milk L-Sloppy Joe on Bun, Pinto Beans, Mixed Fruit, Milk S-Hummus & Crackers 10	B-Cornchex Cereal, Toast, Banana, Milk L-Chicken Alfredo, Green Beans, Peaches, Milk S-Cheddar Snack Mix 11	B-Egg Omelet, Toast, Mango, Milk L-Beef Soft Taco, Corn, Mixed Fruit, Milk S-Oranges 12	B-French Toast, Turkey Sausage, Baked Apples, Milk L-Turkey & Cheese Sub, raw Broccoli, Pears, Milk S-Banana 13
B-Cornchex Cereal, Toast, Apple, Milk L-Toasted Cheese, Green Beans, Mixed Fruit, Milk S-Graham Crackers 16	B-Turkey Sausage, Toast, Oranges, Milk L-Sweet & Sour Chicken w/rice steamed Broccoli, Pineapple, Milk S-Yogurt 17	B-Kix Cereal, Toast, Banana, Milk L-Meatballs w/brown gravy, Mash Potato, Peaches, Roll, Milk S-Broccoli w/ranch 18	B-Toast, Egg Omelet, Mixed Fruit, Milk L-Hamburger, Pinto Beans, Apricots, Milk S-Apples 19	B-Turkey Sausage, Toast, Mango, Milk L-Fish Shapes, Sweet Potato Fries, Roll, Pears, ketchup, Milk S-Goldfish 20
B-Toast, Cheese, Mixed Fruit, Milk L-Grilled Chicken Nuggets, Roll, Green Beans, Peaches, Milk S-Apples 23	B-Kix Cereal, Toast, Oranges, Milk L-Beef Spaghetti, Carrots, Pears, Bread, Milk S-Animal Crackers 24	B-Waffle, Turkey Sausage, Mango, Milk L-Meatloaf, Corn, Roll, Apricots, Bread, Milk S-Cauliflower w/ranch 25	B-Cornchex Cereal, Toast, Banana, Milk L-Chicken Fajitas, Pinto Beans, Pineapple, Milk S-Cheese Stick w/crackers 26	B-Cinnamon Toast, Baked Apples, Milk L-Turkey & Cheese Sub, raw Broccoli w/ranch, Mixed Fruit, Milk S-Graham Crackers 27
B-Cheerios Cereal, Toast, Apple, Milk L-Cheese Pizza, Romaine & Tomato, Peaches, Milk S-Oranges 30	B-Turkey Sausage, Pancake, Baked Apple, Milk L-Turkey Taco Burger, Pinto Beans, Pineapple, Milk S-Hummus & Crackers 31	 <p>The Art Contest Continues! Enter today! Deadline next month! SquareMeals.org/ArtContest</p>		



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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HADLEY HEN



Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

HADLEY HEN'S FAVORITE ACTIVITY

Bowling



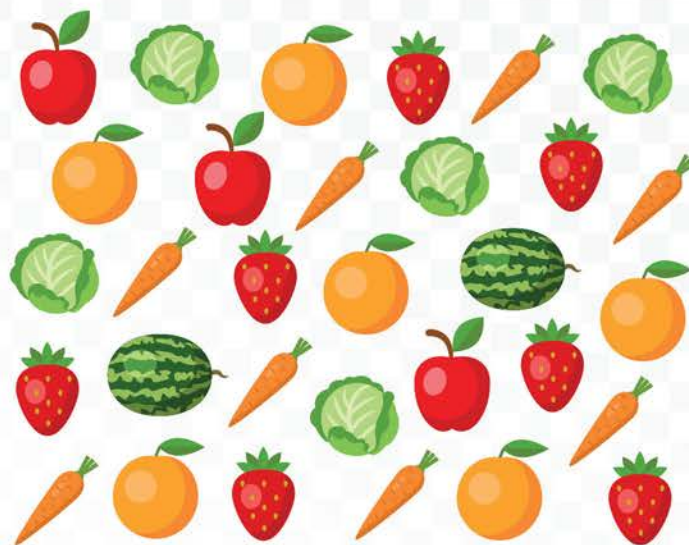
WHAT TO KNOW

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 are all part of a good breakfast- and they're all produced right here in Texas.

HOW MANY?

Count the correct number of each fruit or vegetable below.



FUN FACT

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!

POWER BRAIN POWER














JOKE OF THE MONTH

Q: What did Snow White call her chicken?

A: Egg White



	_____		_____
	_____		_____
	_____		_____

5		8	
3		7	
2		6	