



i'm
**HADLEY
HEN**

MARCH

2020

TDA's March 2020 Menu Calendar

**GOOD
EATS AT**

**LONG
EARLY
LEARNING
CENTER**

**SPECIAL
ANNOUNCEMENTS**

Allergies:
Bell: Peanuts
Burton: Peaches
Cooper: No Pork
Crockett: Meat, Dairy
Cromwell: Lactose, cheese, yogurt, Almond
Garrison: Liquid Milk
Lana: Oranges
Parsons: (2) Egg/ bake good okay
Phariss: Cantaloupe
Ries: Soy/Cheese/yogurt/meat
Rodriquez: Lactose, Cheese, yogurt
Seabourn: Wheat, Eggs
Stoneroad: Strawberries
Waldrum: No Dairy/Kiwi

Water is available at every snack

**SCHOOL
BREAKFAST
WEEK**

MARCH 2-6

SquareMeals.org/SBW

M

WG Graham
Crackers

½ C Applesauce 2

T

1/3 C Cheerios

½ Cup Fruit Cup 3

W

5- MG Cracker

1 Fresh Banana 4

TH

1/4C Cottage
Cheese

.4 oz Cheez Its 5

F

½ Cup Grapes

½ oz String
Cheese 6

SRPING BREAK

9

SPRING BREAK

10

SPRING BREAK

11

SPRING BREAK

12

SPRING BREAK

13

5- MG Cracker

½ oz Cheese 16

1/3 C Cheerios

1- Orange 17

.4 oz Goldfish
Pretzels

¼ C Cottage
Cheese 18

.4 oz Cheez Its

4.5 oz Hummus 19

5- Wheat Thins

½ oz String
Cheese 20

WG Bread Stick

IW Tomato
Sauce Cups 23

.4 oz WG Gold
Fish

½ Applesauce 24

.4oz Yogurt

1 Fresh Banana 25

½ Slice WW
Bread

½ oz Tuna Sala26

.4oz WG
Crackers

½ Egg 27

WG Graham
Crackers

½ C Applesauce30

1/3 C Cheerios

1- Orange 31



The Art Contest Continues!

Enter today! Deadline next month!

SquareMeals.org/ArtContest



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

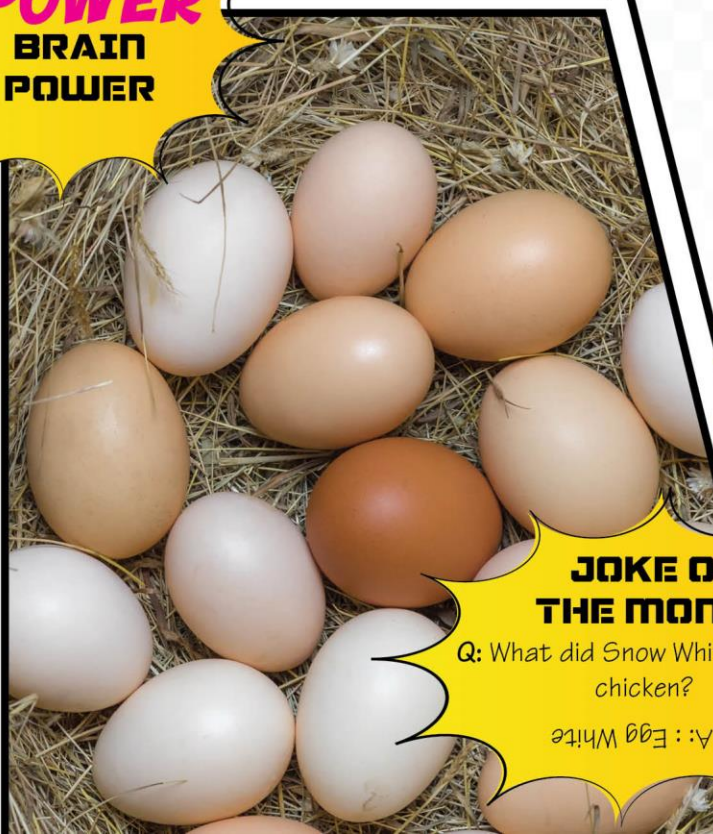
This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

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.

POWER BRAIN POWER

FUN FACT

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



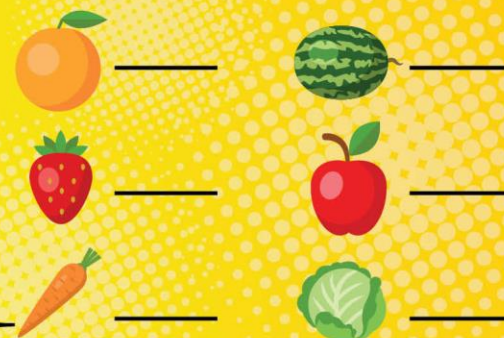
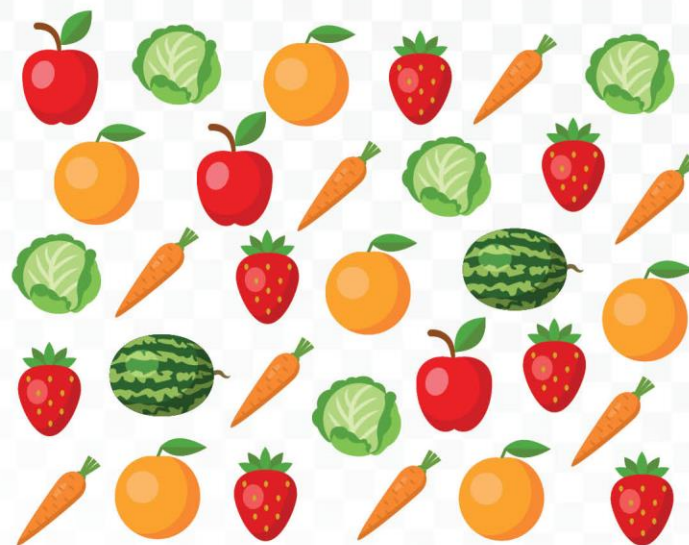
JOKE OF THE MONTH

Q: What did Snow White call her chicken?

A: Egg White

HOW MANY?

Count the correct number of each fruit or vegetable below.



5	6
8	7
3	2
9	4