

# FEBRUARY 2020

**GOOD  
EATS AT**

**CROCKETT  
EARLY  
HEAD  
START**

**SPECIAL  
ANNOUNCEMENTS**

Abbreviations:  
BB=Blueberries, BlkB=Blackberries,  
Bfast= Breakfast, Cin.= Cinnamon,  
Cnd.= Canned, Crkr= Cracker, Cnt.=  
Cantaloupe, Drsg= Dressing,  
Frz.=Frozen, Fsh=Fresh,  
HM=Homemade,  
Man.Oranges=Mandarin Oranges,  
P.Bean=Pinto

WATER IS SERVED AT EVERY MEAL/SNACK

It's  
**LORENA  
LIGHTNING**

M	T	W	TH	F
HM Chicken Enchilada Casserole Frz. Spinach Corn Tortilla Fsh. W.melon Milk  Breakfast PM Snack Frz. Waffles Club Crackers Frz. SB/BB Cheese Milk	HM Sloppy Joes Bun Frz. Broccoli Milk Roasted Veggies  Breakfast PM Snack HM Oatmeal HM/WW Carrot Frz. BB Spice Square Milk Yogurt	HM Tuna Mac WG Pasta Frz. Sweet Peas Milk Frz. Pineapples  Breakfast PM Snack WG Cereal WW Breadsticks Tropical Fruit Cnd. Applesauce Milk	Turkey Taco Pie B. Rice C. Tomatoes Fsh. Apples Milk  Breakfast PM Snack HM/WW Cottage Cheese Banana Sqrs. WG Trail Mix Cnd. Pears Milk	Grilled Cheese Sandwich Canned Tom Soup WW Bread Roasted Veggies Milk  Breakfast PM Snack Bfast Rice Boiled Eggs Cnd. Apricots Crackers Milk
3	4	5	6	7
HM Teriyaki Chicken w/ Japanese Veggies WW Noodles Cnd. Man. Oranges Milk  Breakfast PM Snack Frz. F.Toast Sticks w/V. Yogurt Frz. Peaches Wheat Thins Milk HM Bean Dip	HM Tater Tot Casserole Rolls Frz. Peas Frz. Corn Milk  Breakfast PM Snack WW Toast HM/WW Cnd. Baked Apples BB Muffins Milk	HM Cheese & Sausage Strata Frz. Broccoli WW Bread Jello Salad Milk  Breakfast PM Snack WG Cereal WG Cheez Its Fresh Banana Cnd Pears Milk	HM Turkey Pot Pie Frz. Peas and Carrots WG Crust Fresh Apples Milk  Breakfast PM Snack WW Toast Yogurt Cnd. Oranges Frz. RB/Peaches Milk	HM Bean Enchilada WW Tortilla Fsh Salad Cnd. Peaches Milk  Breakfast PM Snack Bfast Rice Animal Crackers Cnd. Bkd Apples Milk Milk
10	11	12	13	14
<b>WORK DAY 8-4 CENTER CLOSED</b>	HM Beef Vegetable Soup Frz. Peas&Carrots Cracker Cnd Tropical Fruit Milk  Breakfast PM Snack WW Chz Toast Animal Crackers Cnd. Apricots Milk Milk	HM Stir-Fried Rice w/ Ham Frz. Carrots Brown Rice Frz. Mangos Milk  Breakfast PM Snack WG Cereal WG English Muffin Fsh. Banana Tuna salad Milk	HM Turkey Spaghetti Fsh. Garden Salad WG Pasta Frz. Broccoli Normandy Milk  Breakfast PM Snack HM Biscuit & Cheese Hamburger Gravy MG Crackers Fruit Salad Milk	HM Vegetable Frittata WW Toast Cnd. Peaches Frz. Mixed Veggies Milk  Breakfast PM Snack HM Oatmeal Graham Crackers Cnd. Apricots Milk Milk
17	18	19	20	21
HM Chicken Spaghetti Frsh. Kale WW Pasta Frz. Mangos Milk  Breakfast PM Snack Frz. WG Waffles Club Cracker Cnd. Applesauce Cheese Milk	HM Hamburgers Bun HM Potato Cube Milk Cnd. Man. Oranges  Breakfast PM Snack WW Chz.Toast HM/WW Cnd. Peaches Carrot Spice Sqr. Milk Milk	HM Pork Loin Frz. Rolls Fsh. Carrots/Potatoes Cnd. Green Beans Milk  Breakfast PM Snack WG Cereal WW Bread Tropical Fruit HM Egg Salad Milk	HM Turkey Casserole WG Pasta Cnd. Corn Frz. Sweet Peas Milk  Breakfast PM Snack HM/WW Banana Sqrs. Yogurt Cnd. Apricots Frz. RB/Peaches Milk	HM Cheese Pizza Fsh Salad WG English Muffins Fresh Cantaloupe Milk  Breakfast PM Snack WW Toast Frz. Boiled Egg Cnd. Baked Apples Ritz Cracker Milk
24	25	26	27	28

**YOU  
ART  
WHAT YOU EAT**  
ART CONTEST

**Art Contest  
ENTER TODAY**  
SquareMeals.org/  
ArtContest



**GET  
READY**

**SCHOOL BREAKFAST WEEK**

**MARCH 2-6**

SquareMeals.org/SBW



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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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

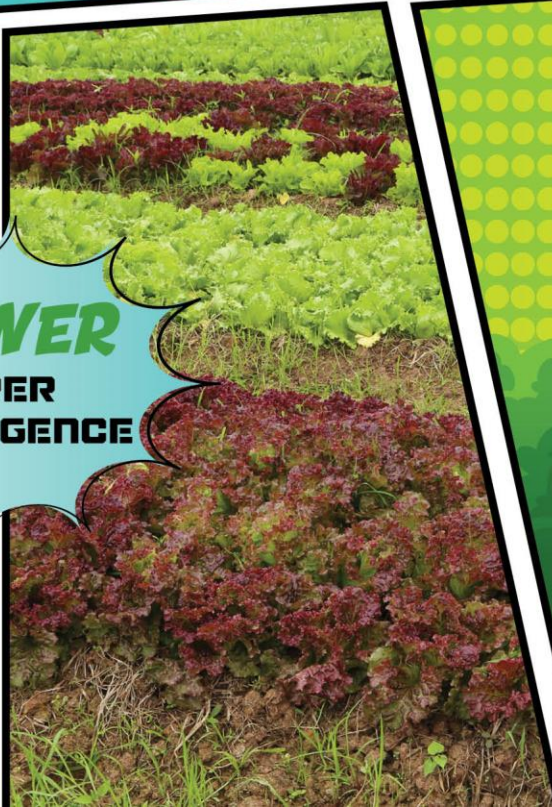
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

### 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

