

FEBRUARY 2020



**GOOD
EATS AT**

**LONG
EARY
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
Pana: (2) Egg / bake good okay
Phariss: Cantaloupe
Ries: Soy/Cheese/yogurt/meat
Rodriguez: Lactose

Water is available at every snack



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

It's
**LORENA
LIGHTNING**

WG Graham
Crackers

½ C
Applesauce

3

WG Bread Stick

IW Tomato
Sauce Cups

10

CENTER CLOSED

8-4PM WORK
DAY

17

WG Bread Stick

IW Tomato
Sauce Cups

24

1/3 C Cheerios

½ Cup Fruit Cup

4

.4 oz WG Gold
Fish

½ Cup Fresh
Apple

11

1/3 C Cheerios

½ Cup Fruit Cup

18

.4 oz WG Gold
Fish

½ Cup Fresh
Apple

25

.4 oz Goldfish
Pretzels

2 oz HM Bean Dip

5

.4oz Yogurt

1 Fresh Banana

12

.4 oz Goldfish
Pretzels

2 oz HM Bean Dip

19

.4oz Yogurt

1 Fresh Banana

26

1/4C Cottage
Cheese

.4 oz Cheez Its

6

½ Slice WW
Bread

½ oz Chicken
Salad

13

1/4C Cottage
Cheese

.4 oz Cheez Its

20

½ Slice WW
Bread

½ oz Chicken
Salad

27

½ Cup Grapes

½ oz String
Cheese

7

.4oz WG
Crackers

½ Egg

14

½ Cup Grapes

½ oz String
Cheese

21

.4oz WG
Crackers

½ Egg

28

**GET
READY**

SCHOOL BREAKFAST WEEK

MARCH 2-6

SquareMeals.org/SBW



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

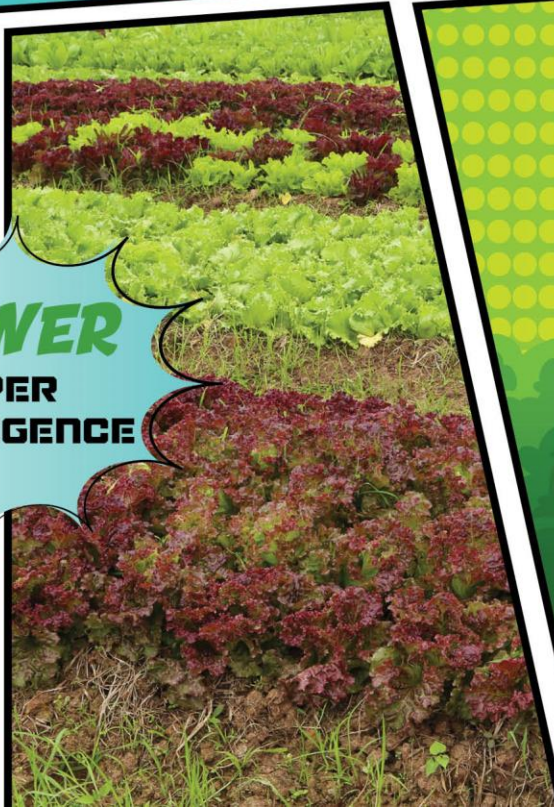
Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

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

