



i'm  
**HADLEY  
HEN**

# MARCH

**2020**

TDA's March 2020 Menu Calendar

**GOOD  
EATS AT**

**CROCKETT  
EARLY  
HEAD  
START**

**SPECIAL  
ANNOUNCEMENTS**

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

WATER IS SERVED AT EVERY  
MEAL/SNACK

**SCHOOL  
BREAKFAST  
WEEK**

**MARCH 2-6**

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

**M**

HM Chicken Alfredo  
Frz. Carrots WG Pasta  
Frz. Broccoli Normandy Milk

Breakfast PM Snack  
Frz. F Toast Sticks Wheat Thins  
Frz. SB/BB HM Hummus  
Milk

**2**

**T**

HM Cowboy Beans w/ Hominy  
Pinto Beans HM Corn Bread  
Fresh Watermelon Milk

Breakfast PM Snack  
HM Oatmeal HM/WW  
Cnd. Pears Ricotta Square  
Milk Yogurt

**3**

**W**

HM Tuna Salad Sandwich  
WW Bread Green Beans  
Cnd. Man. Oranges Milk

Breakfast PM Snack  
WG Cereal WG Cheez Its  
Fresh Banana Cnd. Applesauce  
Milk

**4**

**TH**

HM Turkey Tetrazzini  
Frz. Peas and Carrot WG Pasta  
Mixed Fruit Milk

Breakfast PM Snack  
Frz. WG Waffles Animal Crackers  
Frz. BB Milk

**5**

**F**

HM Beef Empanadas Crust  
Cnd. Peaches Mixed Veggies  
Milk

Breakfast PM Snack  
WW Chz Toast Ritz Crackers  
Cnd. Baked Apples Cheese  
Milk

**6**

SPRING BREAK

**9**

SPRING BREAK

**10**

SPRING BREAK

**11**

SPRING BREAK

**12**

SPRING BREAK

**13**

HM Chicken and Rice  
Frz. Greens B. Rice  
Cnd. Mand Oranges Milk

Breakfast PM Snack  
Frz. WG Pancake Club Crackers  
Cnd. Fruit Cheese

**16**

HM Meat Loaf Frz. Rolls  
Frz. Squ/ Zucchini Milk  
Fresh Cantaloupe

Breakfast PM Snack  
WW Toast HM/WW  
Cnd. Peaches Ricotta Sqr.  
Milk Milk

**17**

HM Hawaiian Pizza w/Trky  
Ham Frz. Green Beans  
Frz. Crust Frz. BlkB  
Milk

Breakfast PM Snack  
WG Cereal WG Goldfish  
Fsh. Banana Cnd. Pears  
Milk

**18**

HM Turkey Pasta Primavera  
Frz. Broccoli WG Pasta  
Frz. BB Milk

Breakfast PM Snack  
HM/WW Zucchini Sqrs.  
Mixed Fruit HM Granola  
Milk Yogurt

**19**

Arroz Con Queso B. Rice  
Cnd. Peas Cnd. Peaches  
Milk

Breakfast PM Snack  
Scr. Eggs Graham Cracker  
Cnd. Apricots Milk

**20**

HM Chicken Enchilada Casserole  
Frz. Spinach Corn Tortilla  
Fsh. W. melon Milk

Breakfast PM Snack  
Frz. Waffles Animal Crackers  
Frz. SB Milk

**23**

HM Sloppy Joes  
Frz. Broccoli Bun  
Roasted Veggies Milk

Breakfast PM Snack  
HM Oatmeal HM/WW Carrot  
Frz. BB Spice Square  
Milk Yogurt

**24**

Grilled Cheese Sandwich  
Canned Tom Soup WW Bread  
Roasted Veggies Milk

Breakfast PM Snack  
Bfast Rice Boiled Eggs  
Cnd. Apricots Ritz Cracker  
Milk

**25**

Turkey Taco Pie B. Rice  
Crushed Tomatoes F. Apples  
Milk

Breakfast PM Snack  
HM/WW Cottage Cheese  
Banana Sqrs. WG Trail Mix  
Cnd. Pears Milk

**26**

HM Tuna Mac WG Pasta  
Frz. Sweet Peas Milk  
Cnd. Pineapples

Breakfast PM Snack  
WG Cereal Club Crackers  
Fsh. Banana Cheese Stick  
Milk

**27**

HM Teriyaki Chicken w/  
Japanese Veggies B. Rice  
Cnd. Man. Oranges Milk

Breakfast PM Snack  
Frz. F. Toast Sticks w/V. Yogurt  
Frz. Peaches Wheat Thins  
Milk HM Bean Dip

**30**

HM Tater Tot Casserole Rolls  
Frz. Peas Cnd. Corn  
Milk

Breakfast PM Snack  
Bfast Rice HM/WW  
Frz. SB BB Muffin Squares  
Milk Milk

**31**



**The Art Contest Continues!**

Enter today! Deadline next month!

[SquareMeals.org/ArtContest](http://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

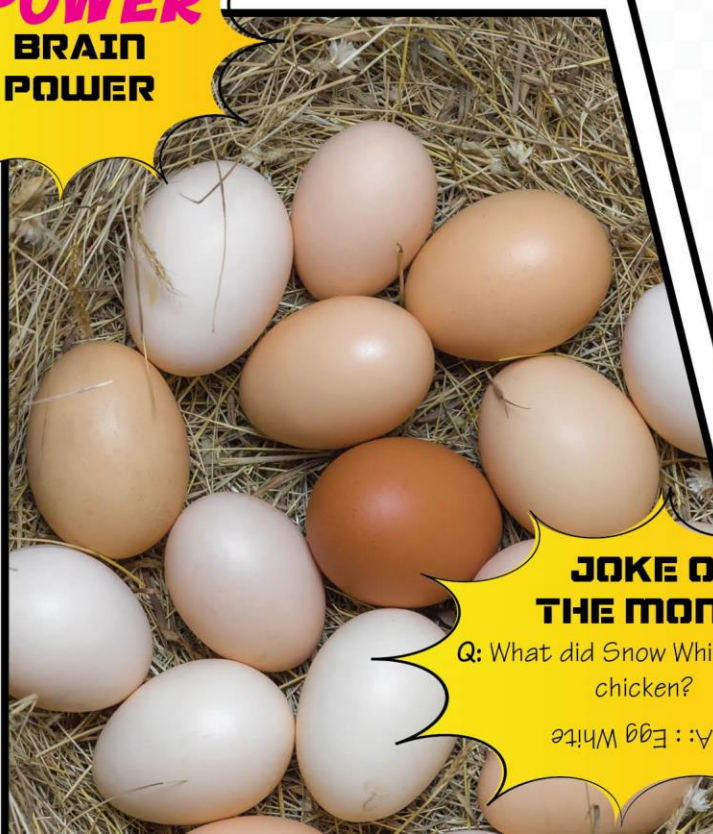
This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

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!



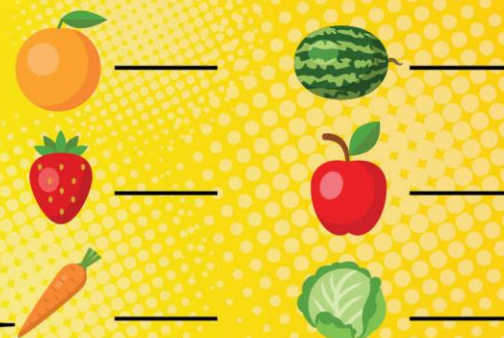
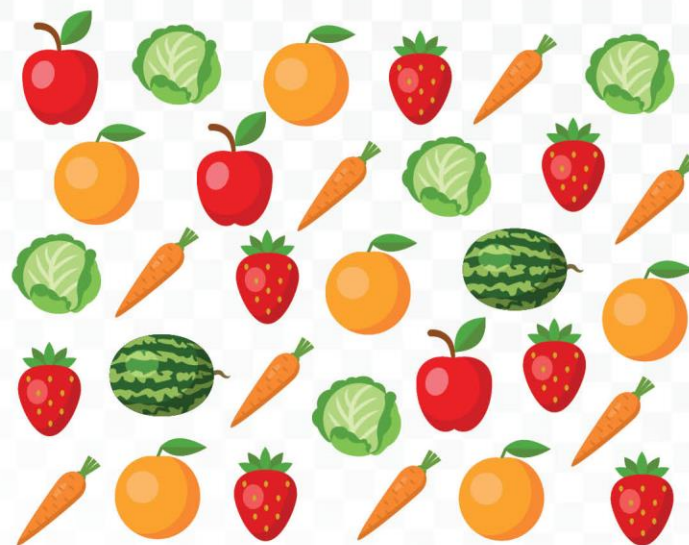
### JOKE OF THE MONTH






Q: What did Snow White call her chicken?

A: Egg White

### HOW MANY?

Count the correct number of each fruit or vegetable below.



5		8	
3		7	
2		6	