

# FEBRUARY

A HEALTHY LUNCH IS BERRY IMPORTANT TO ME!



## Special Announcements

Bronte ISD Breakfast

: Monday: Chicken-n-Biscuit  
 Tuesday: Breakfast Pizza  
 Wednesday: Stuffed Bagel & Sausage  
 Thursday: PBJ Sandwich  
 Friday: Sausage & Biscuit

Or  
 Choice Of:  
 Monday-Friday  
 Cereal W/ Toast & Jelly  
 Assorted Juice, Fruit & or Milk



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast Week is next Month!

1 Chicken Quesadillas  
 Mexicali Corn  
 Charro, Beans  
 Salsa, Milk  
 Cinnamon Applesauce

2 Texas, Chili W/Cornbread  
 Broccoli Bites  
 Tomato Cup  
 Orange Smiles  
 Milk

Popcorn Chicken  
 Oven Fries  
 Cucumber Dippers  
 Rolls  
 Fruit  
 Cookie, Milk

6 Pizza  
 Seasoned Corn  
 Baby Carrots  
 Mixed Fruit  
 Milk, Cookie

7 Steak Finger Basket  
 W/Fries, Rolls, Gravy  
 Carrot Coins  
 Apple Sl.  
 Milk

8 Hot Ham & Cheese Pretzel Sandwich  
 Garden Salad  
 Tom.-Cucumber Cup  
 Snowball Salad,  
 Milk

9 BBQ on a Bun  
 Pinto Beans  
 Coleslaw  
 Orange Smiles  
 Milk

10 Popcorn – Chicken  
 Mash Potatoes,  
 W/ Gravy  
 Green Beans  
 Rolls  
 Apple-Pineapple D-Lite

13 Taquitos & Queso  
 Charro Beans  
 Garden Salad  
 Hot Cinnamon Apples  
 Milk

14 Meatball Sub Sandwich  
 Potato Rounds  
 Fresh Veg. Cup

VALENTINES DAY

15 Pizza  
 Tomato, Cup  
 Steamed Broccoli  
 Fruit  
 Pudding Cups, Milk

16 Mac & Cheese  
 Green Beans  
 Chicken Nugget  
 Garden Salad  
 Apple Sliced  
 Milk

17 Hamburger  
 Oven Fries  
 Baby Carrots  
 Peaches  
 Milk  
 Cookie

20 Country Fried Steak  
 W/Gravy  
 Mashed Potatoes  
 Green Beans  
 Roll, Strawberry Cup  
 Milk

21 Meat & Cheese Tostadas, Salsa  
 Spanish, Rice  
 Refried Beans  
 Zesty Cucumbers  
 Rosy Applesauce, Milk

22 Chicken Spaghetti,  
 Breadsticks  
 Garden Salad  
 Veg. Medley  
 Orange Smiles, Milk

23 Frito Pie  
 Mexicali Corn  
 Baby Carrots/W  
 Ranch, Salsa  
 Peaches, Milk

24 Hamburger  
 Sweet Potato Fries, or  
 Tots  
 Coleslaw  
 Apple Sl., Milk

Corn Dog & Tots  
 Western Beans  
 Broccoli  
 Apple-Pineapple  
 Milk

Nachos Grande  
 Refried Beans  
 Tomato Cup  
 Cucumber Dippers  
 Salsa, Pears  
 Milk

### Good Eats At:

Bronte ISD- Lunch Prices  
 Pre K-5 \$2.50, 6-12<sup>th</sup> 2.75, Teachers 3.60  
 Visitor 4.00 This institution is an equal opportunity provider.

# Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



## Fun Fact

Blackberries, unlike raspberries, have a solid center when they are pulled off the 'cane'.

# Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)



## Activities

FIND YOUR WAY TO THE GOLD STAR!

START



## Joke of the Month

Q. What do you call a sad berry?  
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.