



i'm
**HADLEY
HEN**

MARCH

2020

TDA's March 2020 Menu Calendar

**GOOD
EATS AT**

**EAST
TEXAS
FOOD
BANK**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

**SCHOOL
BREAKFAST
WEEK**

MARCH 2-6

SquareMeals.org/SBW

M

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapples
Cheez-its
Juice
Milk

2

T

Meal 2
Jalapeno Cheese w/meat
stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk

3

W

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk

4

TH

Meal 4
Gouda Cheese w/ meat
stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk

5

F

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

6

9

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapples
Cheez-its
Juice
Milk

10

Meal 2
Jalapeno Cheese w/meat
stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk

11

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk

12

Meal 4
Gouda Cheese w/ meat
stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk

13

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

16

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapples
Cheez-its
Juice
Milk

17

Meal 2
Jalapeno Cheese w/meat
stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk

18

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk

19

Meal 4
Gouda Cheese w/ meat
stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk

20

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

23

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapples
Cheez-its
Juice
Milk

24

Meal 2
Jalapeno Cheese w/meat
stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk

25

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk

26

Meal 4
Gouda Cheese w/ meat
stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk

27

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

30

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapples
Cheez-its
Juice
Milk

31

Meal 2
Jalapeno Cheese w/meat
stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk



The Art Contest Continues!

Enter today! Deadline next month!

SquareMeals.org/ArtContest



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

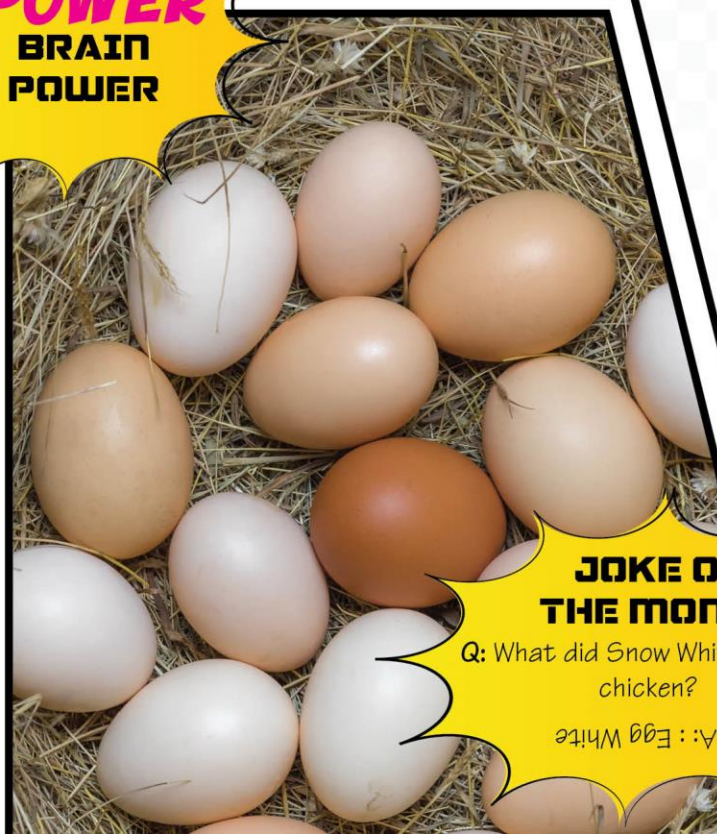
This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

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!



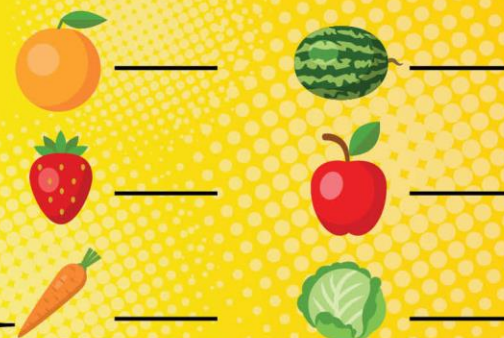
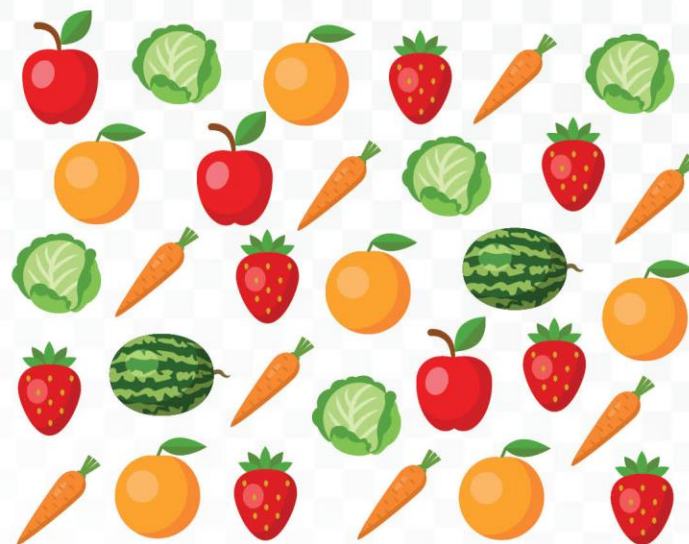
JOKE OF THE MONTH






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	