<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>B: Cherrios, Wheat Toast, Oranges, Milk&lt;br&gt; L: Wheat Crust Pizza, Corn, Peaches, Milk&lt;br&gt; S: Cheddar Cheese and Saltine Crackers</td>
<td>B: Egg Omelet, Wheat Toast, Oranges, Milk&lt;br&gt; L: Salisbury Steak, Blackeye Peas, Pears, Wheat Roll, Milk&lt;br&gt; S: Goldfish</td>
<td>B: Cherrios, Wheat Toast, Bananas, Milk&lt;br&gt; L: Turkey Tacos, Black Beans, Pineapple, Milk&lt;br&gt; S: Whole Wheat Cinnamon Goldfish</td>
<td>B: Egg Omelet, Wheat Toast, Apple, Milk&lt;br&gt; L: Chicken Alfredo, Carrots, Mixed Fruit, Wheat Roll, Milk&lt;br&gt; S: Mango Cubes</td>
<td>B: Corn Chex, Wheat Toast, Bananas, Milk&lt;br&gt; L: Turkey Sausage, Peaches, Milk&lt;br&gt; S: Whole Wheat Cinnamon Goldfish</td>
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<td>B: Turkey Sausage, Wheat Toast, Bananas, Milk&lt;br&gt; L: Macaroni and Meat Sauce, Spinach, Wheat Bread, Mixed Fruit, Milk&lt;br&gt; S: Cheddar Cheese and Saltine Crackers</td>
<td>B: Boiled Egg, Wheat Toast, Bananas, Milk&lt;br&gt; L: Beef Teriyaki, Broccoli, Pineapple, Milk&lt;br&gt; S: Watermelon</td>
<td>B: Turkey Sausage, Wheat Toast, Bananas, Milk&lt;br&gt; L: Turkey and Cheese on Wheat Bread, Sweet Potato Fries, Applesauce, Milk&lt;br&gt; S: Greek Yogurt</td>
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<td>B: Wheat French Toast, Turkey Sausage, Baked Apples, Milk&lt;br&gt; L: Sloppy Joe on Wheat Bun, Green Beans, Pears, Milk&lt;br&gt; S: Whole Wheat Cinnamon Goldfish</td>
<td>B: Egg Omelet, Wheat Toast, Bananas, Milk&lt;br&gt; L: Meatballs with Sauce, Green Beans, Mixed Fruit, Wheat Bread, Milk&lt;br&gt; S: Hummus and Saltine Crackers</td>
<td>B: Egg Omelet, Wheat Toast, Peaches, Milk&lt;br&gt; L: Hamburger on Wheat Bun, Potato Smiles, Apricots, Milk&lt;br&gt; S: Applesauce</td>
<td>B: Turkey Sausage, Turkey Toast, Bananas, Milk&lt;br&gt; L: Ground Beef w/ Whole Grain Spaghetti, Brussels Sprouts, Pineapple, Wheat Bread, Milk&lt;br&gt; S: Papaya Cubes</td>
<td>B: Wheat Pancakes, Turkey Sausage, Baked Apples, Milk&lt;br&gt; L: Toasted Cheese on Wheat Bread, Green Beans, Mixed Fruit, Milk&lt;br&gt; S: Cucumber</td>
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<td>B: Wheat Waffles, Turkey Sausage, Applesauce, Milk&lt;br&gt; L: Meatballs w/ Sauce, Broccoli, Pineapple, Wheat Bread, Milk&lt;br&gt; S: Greek Yogurt</td>
<td>B: Wheat Pancakes, Turkey Sausage, Pears, Milk&lt;br&gt; L: Sweet and Sour Chicken, Lo Mein W/ Veggies, Mandarin Oranges, Milk&lt;br&gt; S: Papaya Cubes</td>
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**Special Announcements**

**Veggie Meals**

- 3/1 Hummus and Cucumber Sandwich
- 3/2 Spaghetti and Marinara Sauce
- 3/3 Veggie Nuggets
- 3/4 Toast Cheese Sandwich
- 3/5 Pizza
- 3/6 Veggie Sub
- 3/7 Sweet and Sour Veggie Nuggets
- 3/8 Spaghetti and Marinara Sauce
- 3/9 Garden Vegetable Burger
- 3/10 Veggie Nuggets
- 3/11 Cheesy Tacos
- 3/12 Alfredo and Noodles
- 3/13 Veggie Nuggets
- 3/14 Toasted Cheese Sandwich
- 3/15 Pizza
- 3/16 Cheese Quesadilla
- 3/17 Veggie Nuggets
- 3/18 Spaghetti and Marinara Sauce
- 3/19 Toasted Cheese Sandwich
- 3/20 Hummus and Cucumber Sandwich
- 3/21 Spaghetti and Marinara Sauce
- 3/22 Toasted Cheese Sandwich
- 3/23/30 Spaghetti and Marinara Sauce
- 3/24 Toasted Cheese Sandwich
- 3/25/31 Spaghetti and Marinara Sauce

**Callier Child Development Program**

Products Made with 100% Whole Grain

This product was funded by USDA. This institution is an equal opportunity provider.
IT’S MARCH! This month, celebrate School Breakfast Week in Texas by trying all the delicious, nutritious breakfast choices in your school cafeteria. Start every day with healthy foods from the Great Plate of Texas!

SUBJECT: School Breakfast
CATEGORY: The Five Basic Food Groups: Grains, Fruits, Vegetables, Protein and Dairy
GROWING REGIONS: Statewide
WHERE TO FIND IT: In the School Cafeteria

DID YOU KNOW?:
Some people call breakfast “the most important meal of the day” because it’s the first meal you eat after sleeping for eight hours. Your body needs food, and breakfast is the perfect time to refuel!

FUN FACT:
The first breakfast cereal was invented in 1863. It was called “Granula” and had to be soaked overnight just to be chewable!

DISTINGUISHING CHARACTERISTICS:
Breakfast is the first meal of the day. A healthy breakfast should include a variety of foods from two or more of the five basic food groups.

WHAT TO KNOW:
Texas kids who eat a healthy breakfast can perform better in the classroom. It’s one of the smartest things you can do to make the grade and feel great all day!

EXPLORER’S NOTEBOOK:
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 can all be part of a good breakfast—and they’re all produced right here in Texas.

LOOK FOR THESE POSTERS HANGING IN YOUR SCHOOL CAFETERIA!

JOKE:
Q: What did Snow White call her chicken?
A: Egg White!