

# MARCH

## Special Announcements

Menu is subject to change.  
**Served Daily:**  
 Variety of Milk  
 Variety of Cereal  
 Variety of Juice



**YOU ART WHAT YOU EAT ART CONTEST**  
 CREATE & ENTER  
 VISIT [SPRINGERMSU.ORG/ARTCONTEST](http://SPRINGERMSU.ORG/ARTCONTEST)  
 FOR MORE DETAILS.

FIELD PEAS

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

**NEWCASTLE ISD**

**1** Breakfast:  
Cinnamon Roll  
Lunch:  
Texas Basket  
Salad, Apples

**2** Breakfast:  
Breakfast Bars  
Lunch:  
Pizza Choice  
Broccoli Salad  
Fruit, Carrots

**3** Breakfast:  
Breakfast Burritos  
Lunch:  
Philly Cheese Steak  
Tater Tots  
Green Beans  
Fruit

**6** SPRING BREAK

**7** SPRING BREAK

**8** SPRING BREAK

**9** SPRING BREAK

**10** SPRING BREAK

### SCHOOL BREAKFAST WEEK

**13** Breakfast:  
Sausage Biscuit  
Lunch:  
Taqitos w/Queso  
Spanish Rice  
Charro Beans

**14** Breakfast:  
Dutch Waffles  
Lunch:  
Chili Cheese Combo  
Veggie Cup, Fruit  
Pudding

**15** Breakfast:  
Breakfast Boat  
Lunch:  
Fiesta Bowl  
Salad, Fruit

**16** Breakfast:  
Bagels-N-Sausage  
Lunch:  
Chicken Nuggets  
Mac and Cheese  
Green Beans

**17** Breakfast:  
Pancakes  
Lunch:  
Hamburger  
Fries, Carrots  
Peaches

**20** Breakfast:  
Sausage Kolache  
Lunch:  
Country Fried Steak  
Mashed Potatoes  
Green Beans

**21** Breakfast:  
Breakfast Pizza  
Lunch:  
Chicken Spaghetti  
Vegetable Medley  
Salad

**22** Breakfast:  
Waffles and Sausage  
Lunch:  
Frito Pie  
Baby Carrots  
Corn, Cookie

**23** Breakfast:  
Cinnamon Roll  
Lunch:  
Hamburgers  
Fries, Cucumbers  
Peaches

**24** Breakfast:  
Cheese Omelet  
Lunch:  
Meat and Cheese  
Tostadas, Spanish  
Rice  
Refried Beans

**27** Breakfast:  
Pancakes and Bacon  
Lunch:  
Chicken Sandwich  
Fries, Veggie cup  
Oranges

**28** Breakfast:  
Sunrise Sandwich  
Lunch:  
Nachos Grande  
Pinto Beans  
Salad, Sherbet

**29** Breakfast:  
Scrambled Eggs  
Lunch:  
Salisbury Steak  
Roasted Potatoes  
Broccoli Salad, Jello

**30** Breakfast:  
Breakfast Strudel  
Lunch:  
Corn Dogs  
Baked Beans  
Salad, Apples

**31** Breakfast:  
Breakfast Burrito  
Lunch:  
Pizza Choice  
Baby Carrots  
Salad, Grapes

# Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

## Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

## Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

### Step 1:

Get some fresh Texas celery



### Step 2:

Add some peanut butter



### Step 3:

Lastly add fresh raisins. Enjoy!



## Joke of the Month

Q. What vegetable might you find in your basement?  
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

# Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April



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