

MARCH

2019



GOOD EATS AT

Cougar Café

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART what You Eat"
Create and enter today!
SquareMeals.org/artcontest

French Toast
Pizza Stix
Salad
Corn 1

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Breakfast Taco
Corndogs
Mixed Veggies
Pinto Beans 4

Yogurt
Cougar Burgers
French Fries
Salad 5

Muffins with Mom
Donuts with Dad
Fish Patty
Broccoli
Carrots
Cheese Crackers 6

Pizza
Salad
Corn 7

Waffle
Grilled Cheese
Green Beans
Squash 8

SPECIAL ANNOUNCEMENTS

Menu is subject to change without notice depending upon availability.

Spring
Break 11

Spring
Break 12

Spring
Break 13

Spring
Break 14

Spring
Break 15

Pancakes
Chicken Nuggets
Broccoli
Carrots
Bunny Graham 18

Honey Buns
Spaghetti
Salad
Corn 19

Scrambled Eggs
Hot Dogs
Pork N Beans
Cauliflower 20

Sausage Biscuit
Frito Pie
Mixed Veggies
Salad 21

Mini Cinni
Tuna Salad Sandwich
Green Beans
Squash
Chips 22

Muffins
Nachos
Mixed Veggies
Squash 25

Eggs & Sausage
Salisbury Steak
Mashed Potatoes
Green Beans
Roll 26

Hot Pocket
Chicken Burger
French Fries
Carrots 27

Breakfast Pizza
Turkey Fingers
Broccoli
Pinto Beans
Goldfish 28

Cinnamon Toast
Cheese Pizza
Salad
Corn 29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t i s
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GUS JUSTICE
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.



FUN FACT

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S FAVORITE ACTIVITIES
Track and field and Bowling



POW!
ARCH ENEMY
Candy Criminals

JOKE OF THE MONTH

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Answer) Spare | 2 pins

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension