

# FEBRUARY 2020



**GOOD EATS AT**

**Cougar Café**

**SPECIAL ANNOUNCEMENTS**

It's **LORENA LIGHTNING**

**YOU ART WHAT YOU EAT**  
ART CONTEST

**Art Contest ENTER TODAY**  
SquareMeals.org / ArtContest

M	T	W	TH	F
Mini Cinni Sloppy Joes Green Beans Cauliflower 3	Breakfast Tacos Sausage Rolls Baked Beans Carrots 4	Pop Tarts Crisпитos Salad Mixed Veggies Bunny Grahams 5	Biscuit Pork Patty Broccoli Squash Rolls 6	Donuts Pizza Salad Corn 7
Muffins Hot Dogs Baby Carrots Squash Chips 10	Sausage Rolls Fajitas Salad Corn 11	Breakfast Pizza Pop corn Chicken French Fries Green Beans 12	Scrambled Eggs Mac N Cheese Broccoli Mixed Veggies 13	Honey Buns Corndogs Pinto Beans Cauliflower 14
No School 17	Hot Pocket Frito Pie Corn Green Beans 18	Waffles BBQ Rib Broccoli Mixed Veggies Chips 19	Donuts Cougar Burger Salad French Fries 20	Frudel Grilled Chicken Baked Beans Carrots 21
Honey Buns Chicken Nuggets Carrots Ranch Style Beans 24	Eggs & Sausage Burrito Mixed Veggies Salad 25	Pancakes Tuna Salad Sandwich Corn Chips 26	Breakfast Burger Spaghetti Salad Green Beans Breadsticks 27	Mini Cinni Fish Burger French Fries Broccoli 28

Menu is subject to change without notice depending upon availability.



**GET READY**

**SCHOOL BREAKFAST WEEK**  
MARCH 2-6  
SquareMeals.org/SBW



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super intelligence and she taught all of the other heads of lettuce about their powerful nutrition.



### WHAT TO KNOW

Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a variety of sandwiches or in salads.

### FUN FACT

Red leaf lettuce has the same nutrition profile as green leaf lettuce and romaine.



**POWER  
SUPER  
INTELLIGENCE**



### JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

### FIND THE SIX DIFFERENCES

