

MARCH

2019



It's **GUS** JUSTICE to the rescue!

GOOD EATS AT

M T W TH F

ART CONTEST CONTINUES

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

Mini Cinnis
Assorted Cereals
Cinnamon Toast
Applesauce Cup
Assorted Juice
1

JOAQUIN ISD RAM CAFÉ
Breakfast Menu
Elementary \$1.75
Junior High \$1.75
High School \$1.75
Adult \$2.25

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

Grilled Cheese Sandwich
Assorted Cereals
Buttered Toast
Rainbow Topped Pears
Grape Jelly
Assorted Juice
4

Scramble Egg Wrap
Assorted Cereals
Cheese Toast
Diced Peach Cup
Assorted Juice
5

Pizza
Assorted Cereals
Yogurt
Grapefruit Sections
Assorted Juice
6

Sausage-n-Biscuit w/Jelly
Assorted Cereals
Pop Tart
Orange Wedges
Assorted Juice
7

Frudel Strudel
Assorted Cereals
Cinnamon Toast
Applesauce Cup
Assorted Juice
8

SPECIAL ANNOUNCEMENTS

SPRING BREAK
11

SPRING BREAK
12

SPRING BREAK
13

SPRING BREAK
14

SPRING BREAK
15

Choice of milk everyday:
White 1% Low Fat or
Flavored Fat Free.

Egg Patty & Bacon on Croissant
Assorted Cereals
Buttered Toast
Snow Topped Pears
Grape Jelly
Assorted Juice
18

Hot Pocket
Assorted Cereals
Cheese Toast
Diced Peach Cup
Assorted Juice
19

Chocolate Chip Muffin
Assorted Cereals
Yogurt
Blueberries
Assorted Juice
20

Sausage-n-Biscuit w/Jelly
Assorted Cereals
Pop Tart
Orange Wedges
Assorted Juice
21

Breakfast Bites
Assorted Cereals
Cinnamon Toast
Applesauce Cup
Assorted Juice
22

Menus are subject to change without notice.

Chicken-n-Cheese Biscuit
Assorted Cereals
Buttered Toast
Rose Sliced Pears
Grape Jelly
Assorted Juice
25

Breakfast Burrito
Salsa
Assorted Cereals
Cheese Toast
Diced Peach Cup
Assorted Juice
26

Pizza Crunchers
Assorted Cereals
Yogurt/ Granola
Strawberry Craisins
Assorted Juice
27

Sausage-n-Biscuit w/Jelly
Assorted Cereals
Pop Tart
Orange Wedges
Assorted Juice
28

Grape Filled Crescent
Assorted Cereals
Cinnamon Toast
Applesauce Cup
Assorted Juice
29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

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?

A: A spare (Asparagus)

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension

MARCH

2019



It's **GUS** JUSTICE to the rescue!

GOOD EATS AT

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

ART CONTEST CONTINUES

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

JOAQUIN ISD RAM CAFÉ
Lunch Menu
Elementary \$2.50
Junior High \$2.50
High School \$2.75
Adult \$3.50

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

Chef Salad Sub Sandwich Big Daddy's Pizza Green Beans Healthy Salad w/Dressing Icee Strawberries Cup Apple Slices 4	Breaded Drumstick Bake Potato Soup Glazed Carrots Veggie Bar w/Dressing Corn Bread Green Grapes Fruit Bowl 5	Chicken Chunk Mashed Potatoes w/Gravy Green Peas Whole Grain Roll Frosty Peach Cup Diced Pears w/Cherry Top 6	Chef Salad Stuffed Crust Pizza Chicken Quesadilla w/Salsa Buttered Corn Refried Beans Veggie Bar w/Dressing Orange Smiles Mango Chunks 7	Chicken or Hamburger on Bun Cheese Slice Fries Mix Vegetable Salad Burger Veggies Sliced Pears Cup Sour Cherry Fruit Slush 8
--	---	---	--	---

SPECIAL ANNOUNCEMENTS

SPRING BREAK 11	SPRING BREAK 12	SPRING BREAK 13	SPRING BREAK 14	SPRING BREAK 15
------------------------	------------------------	------------------------	------------------------	------------------------

Snack Bar
Drinks \$1.00 Chips \$1.00
Cookies \$.50 Ice Cream \$1.00
Rice Krispies Treat \$1.00
Entrée \$2.00 Side Dishes \$1.00

Chef Salad Ham & Cheese Croissant French Bread Pizza Green Beans Healthy Salad w/Dressing Icee Strawberries Cup Cantaloupe Chunks 18	Spaghetti w/Meat Sauce Black-Eyed Peas Cinnamon Sweet Potatoes Veggie Bar w/Dressing Corn Bread Red Grapes Mixed Fruit 19	Steak Fingers Mashed Potatoes w/Gravy Mix Vegetables Whole Grain Roll Frosty Peach Cup Sliced Blushing Pears 20	Chef Salad Stuffed Crust Pizza Nachos w/Cheese Sauce Chili Beans & Salsa Sweet Corn Veggie Bar w/Dressing Orange Wedges Pineapple Tidbit 21	Chicken or Hamburger w/Bacon on Bun Sliced Cheese Criss Cut Fries Cauliflower w/Sauce Burger Veggies Diced Pears Cup Banana 22
---	--	---	---	---

Must have cash for snack bar.
No Charging Snacks.

Chef Salad Hoagie Melt Big Daddy's Pizza Green Beans Healthy Salad w/Dressing Icee Strawberries Cup Apple Slices 25	BBQ Pork Riblet Sandwich Mac & Cheese Ranch Beans Sweet Glazed Carrots Veggie Bar w/Dressing Green Grapes Fruit Bowl 26	Chicken Rings Mashed Potatoes w/Gravy Roasted Broccoli Whole Grain Roll Frosty Peach Cup Diced Pears 27	Chef Salad Stuffed Crust Pizza Chili Pie Buttered Corn Mexicali Blend Vegetables Veggie Bar w/Dressing Orange Smiles Grapefruit 28	Chicken or Hamburger on Bun Cheese Slice Fries Green Pea Salad Burger Veggies Sliced Pears Cup Raspberry/Lemon Slush 29
--	--	---	--	--

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?

A: A spare (Asparagus)

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension