

# MARCH

2019

GOOD EATS AT

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

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

**ART CONTEST CONTINUES**

**"You ART what You Eat"**  
Create and enter today!  
[SquareMeals.org/artcontest](http://SquareMeals.org/artcontest)

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
The Pack Hoagie  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

La Joya ISD  
Child Nutrition Services  
ELEMENTARY Grade  
**Pre-Kinder**  
Menu is subject to  
change due to  
availability

**SCHOOL BREAKFAST WEEK**  
**MARCH 4-8**  
[SquareMeals.org/sbw](http://SquareMeals.org/sbw)

Kolache  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored)

Mini Pancakes  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Chicken Nuggets  
Broccoli  
Fruit  
1% Milk/Skim Milk (Unflavored)

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Cheese Enchiladas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored)

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
The Pack Hoagie  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Cheese Pizza  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

**SPECIAL ANNOUNCEMENTS**

SPRING BREAK HOLIDAY  
11

SPRING BREAK HOLIDAY  
12

SPRING BREAK HOLIDAY  
13

SPRING BREAK HOLIDAY  
14

SPRING BREAK HOLIDAY  
15

Breakfast Bagel  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Pinwheel Pepperoni Pizza  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

Tamales  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored)

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Steak Fingers  
Brown Gravy  
Mashed Potatoes  
Fruit  
1% Milk/Skim Milk (Unflavored)

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Popcorn Chicken  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Cheese Enchiladas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored)

French Toast Sticks  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Hamburger  
Smiley Fries  
Fruit  
1% Milk/Skim Milk (Unflavored)

Breakfast Pizza  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Chicken Strips  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

Cereal  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Boneless Wings  
Broccoli  
Fruit  
1% Milk/Skim Milk (Unflavored)

Breakfast Biscuit  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
The Pack Hoagie  
Garden Salad  
Fruit  
1% Milk/Skim Milk (Unflavored)

Uncrustable  
100% Juice  
1% Milk/Skim Milk (Unflavored)  
-  
Cheese Enchiladas  
Charro Beans  
Fruit  
1% Milk/Skim Milk (Unflavored)

La Joya ISD Child Nutrition Services  
\*Breakfast is served with:  
Fruit juice or fresh fruit/fat free or low fat milk/Unflavored  
\*Lunch is served with:  
Fresh fruit or canned fruit/fat free or low fat milk /Unflavored  
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Menu is subject to change due to availability.



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?

(Asparagus) esab | suareb ʎ : ʎ



## FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension