

MARCH

2019

GOOD EATS AT

La Joya ISD
Child Nutrition Services
ELEMENTARY Grade
K-5

Menu is subject to
change due to
availability

SPECIAL ANNOUNCEMENTS

La Joya ISD Child Nutrition Services
*Breakfast is served daily with choices of:
Fruit juice, fresh fruit, fat free and low fat milk.
*Lunch is served daily with choices of:
Fresh fruit, canned fruit, fat free and low fat milk.
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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This institution is an equal opportunity provider.

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

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

Kolache - Hamburger Smiley Fries Burger Salad 4	Mini Pancakes - Chicken Nuggets Cheese Sauce Dinner Roll Garden Salad Broccoli 5	Asst Cereal w/Cracker - Cheese Enchiladas Spanish Rice Charro Beans Garden Salad 6	Breakfast Biscuit - The Pack Hoagie Baby Carrots Garden Salad 7	Uncrustable - Cheese Pizza Carrots Coins Garden Salad Green Beans 8
SPRING BREAK HOLIDAY 11	SPRING BREAK HOLIDAY 12	SPRING BREAK HOLIDAY 13	SPRING BREAK HOLIDAY 14	SPRING BREAK HOLIDAY 15
Breakfast Bagel - Pinwheel Pepperoni Pizza Broccoli Garden Salad Green Beans 18	Tamales - Hamburger Smiley Fries Burger Salad 19	Asst Cereal w/Cracker - Steak Fingers Brown Gravy Mashed Potatoes Garden Salad 20	Breakfast Biscuit - Popcorn Chicken Cheese Sauce Dinner Roll Garden Salad Golden Corn 21	Uncrustable - Cheese Enchiladas Spanish Rice Charro Beans Garden Salad 22
French Toast Sticks - Hamburger Smiley Fries Burger Salad 25	Breakfast Pizza - Meatball Sub Garden Salad Carrot Coins 26	Asst Cereal w/Cracker - Boneless Wings Cheese Sauce Dinner Roll Garden Salad Broccoli 27	Breakfast Biscuit - The Pack Hoagie Carrot Coins Garden Salad Green Beans 28	Uncrustable - Cheese Enchiladas Spanish Rice Charro Beans Garden Salad 29

GUS JUSTICE

Asparagus

When Gus was just a little shoot, a group of 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) eesab | sruade y :y



FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension