

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

Breakfast Biscuit
- The Pack Hoagie
Baby Carrots
Garden Salad
Green Beans 1

La Joya ISD
Child Nutrition Services
HIGH SCHOOL Grade
9-12
Menu is subject to
change due to
availability

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

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| Kolache - Cheeseburger Tater Tots 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 Carrot Coins Garden Salad Green Beans 8 |
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SPECIAL ANNOUNCEMENTS

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|---|--|--|--|---|
| 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 - Cheeseburger Waffle Fries Burger Salad 19 | Asst Cereal w/Cracker - Steak Fingers Brown Gravy Mashed Potatoes Garden Salad 20 | Breakfast Biscuit - Chicken Basket Queso Blanco Dinner Roll Garden Salad Golden Corn 21 | Uncrustable - Cheese Enchiladas Spanish Rice Charro Beans Garden Salad 22 |
| French Toast Sticks - Cheeseburger Seasoned Wedges Burger Salad 25 | Breakfast Pizza - Meatball Sub Garden Salad Carrot Coins 26 | Asst Cereal w/Cracker - Sriracha 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 |

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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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.

GUS JUSTICE
Asparagus



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



FIND THE SIX DIFFERENCES



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



Sources: Texas A&M and Agrilife Extension