

# WARRIOR

2019

GOOD EATS AT

La Vernia ...  
PRIMARY &  
INTERMEDIATE  
CAMPUSES

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

ART CONTEST CONTINUES

It's GUS JUSTICE to the rescue!

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

F

TH

W

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M

HOLIDAY

1

HOLIDAY

6

Cereal/Yogurt or Breakfast Pizza

Nachos or PBJ w/ Nacho Chips, Celery Sticks w/ Ranch, Pinto Beans, Strawberries

7

Cereal/Cheese Stick or Bacon/Egg/Cheese Taco

Waffles, Roll Mashed Sweet Potatoes Fresh Broccoli w/ Ranch Diced Peaches

8

Cereal/Yogurt or Breakfast Pizza

Hot Dogs Corn, Fries, Cantaloupe Ice Cream Cup

5

Cereal/Cheese Stick or Pancake on Stick

Chicken Patty on Bun Tomato, Lettuce, Pickles, Baked Beans, Oranges, Pudding

4

SPRING BREAK

15

SPRING BREAK

14

SPRING BREAK

13

SPRING BREAK

12

SPRING BREAK

11

SECOND MEAL CHOICES.....

Monday - PBJ MEAL

TUESDAY - BAKED POTATO MEAL

WEDNESDAY - CHEF SALAD MEAL

THURSDAY - YOGURT MEAL

FRIDAY - PBJ MEAL

Waffles or Eggs w/ Sausage Patty

Pizza

Garden Salad Green beans Fruit Crisp

22

Cereal/Cheese stick or Sausage, Biscuit, Gravy

Personal Pan Pizza

Baby Carrots w/ Ranch Green Peas, Grapes

28

Cereal/Yogurt or Breakfast Pizza

Bean & Cheese Taco, Pinto

Beans, Lettuce/Tomato, Banana

21

Cereal/Yogurt or Breakfast Pizza

Spaghetti w/ Meat Sauce

Cucumbers w/ Ranch Watermelon, Raisels

20

Cereal/Cheese Sticks or Mini Waffles

Chicken Strips, Roll, Mashed Potatoes/Gravy

Cooked Carrots, Pineapple

20

Cereal/Cheese Stick or Bean & Cheese Taco

Chicken Nuggets, Roll

Steamed Broccoli Mashed Potatoes Green Apple

27

Cereal/Yogurt or Breakfast Pizza

Corn Dogs Baked Beans Fries

Mandarin Oranges

26

Cereal/Cheese Stick or Pop Tart

Hamburger or Cheeseburger, Potato

Smiles, Tomato, Lettuce, Pickles, Applesauce

25

Breakfast Meal Prices:  
Student Full Price \$1.75  
Reduced - \$0.30  
Adult - \$2.25  
Lunch Meal Prices:  
Student Full Price \$2.35  
Reduced - \$0.40  
Adult - \$3.50

Prices are subject to change  
EXTRAS  
Hot Breakfast Entrée - \$1.35  
Cold Breakfast Entrée - \$1.00  
Hot Lunch Entrée - \$1.75  
Fruit/Veggie - \$0.75  
Snacks, Milk, Bread - \$0.60 to \$1.00  
Large Bottled Water - \$1.00  
Small Bottled Water - \$0.35  
Extras are available on a first come first serve.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was provided by NISCA. The number box has equal opportunity provided.

# 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 (on Tuesday)?  
A: A spare!

## FIND THE SIX DIFFERENCES



Source: Texas A&M and Agrifis Extension