



i'm  
**HADLEY  
HEN**

# MARCH


**2020**

TDA's March 2020 Menu Calendar

**SCHOOL  
BREAKFAST  
WEEK**

**MARCH 2-6**

[SquareMeals.org/SBW](http://SquareMeals.org/SBW)

M	T	W	TH	F
Chocolate Chip Bread<>* Apple Milk 2	Cinnamon Apple Bread<>* Grapefruit Milk 3	Chicken Biscuit>* Pear and Dried Fruit Milk 4	Blueberry Pancake<>* Turkey Bacon Orange Milk Syrup 5	Eggs and Sausage Breakfast Taco<>* Mixed Fruit Milk 6
Breakfast Burrito<>* Apple Milk 9	Orange Dream Bread <>* Banana Milk 10	Biscuit>* with Scrambled Eggs Pear and Dried Fruit Milk 11	Pancake<>* Turkey Bacon Orange Milk Syrup 12	No School ☺ 13
No School Spring Break 16	No School Spring Break 17	No School Spring Break 18	No School Spring Break 19	No School Spring Break 20
Breakfast Frittata<> Toast* Apple Milk 23	Cinna'Bagel<* Sunshine Fruit Mix Milk 24	Turkey Sausage Biscuit>* Pear and Dried Fruit Milk 25	Lemon Poppy Pancake<>* Turkey Bacon Orange Milk Syrup 26	Egg patty< and cheese> breakfast sandwich* Mixed Fruit Milk 27
Cinnamon Dippers<>* Chocolate Dip or Cinnabutter Dip Apple Milk 30	Egg and Potato breakfast taco<* Banana Milk 31			

**GOOD  
EATS AT**

**Breakfast**

Menu Items are subject to change based on costs and availability

**SPECIAL  
ANNOUNCEMENTS**

Students with Food Allergies MUST have doctors documentation provided to nurse and kitchen staff

- > Dairy
- < Egg
- \* Gluten
- + Mushroom
- ~ Corn
- ^ Pineapple

Questions? Contact

[kimberlywilson@austin.utexas.edu](mailto:kimberlywilson@austin.utexas.edu)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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**The Art Contest Continues!**

Enter today! Deadline next month!

[SquareMeals.org/ArtContest](http://SquareMeals.org/ArtContest)







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TDA's March 2020 Menu Calendar

**SCHOOL BREAKFAST WEEK**  
MARCH 2-6  
SquareMeals.org/SBW

M	T	W	TH	F
Beef Lasagna Bake*> Cauliflower Pear Milk 2	Bean & Cheese Burrito*> Spanish Rice Corn and Peas Orange Milk 3	Sweet-N-Sour Chicken Chow Mein* Broccoli Floret Apple Milk 4	BBQ Pork Sandwich*> Coleslaw> Fiesta Beans Banana Milk 5	Beef & Garlic Herb Italian Flatbread<>*> Garden Caesar> Salad Mixed Fruit Milk 6
Chicken Tikka Masala> Rice Carrots Pear Milk 9	Carne Guisada con Papas Taco* Charro Beans Apple Milk 10	Beef Hamburger* Lettuce and Tomato Mashed Potatoes> Orange Milk 11	Chick'Penne*> Carrot Coins Grapes Milk 12	No School ☺ 13
No School Spring Break 16	No School Spring Break 17	No School Spring Break 18	No School Spring Break 19	No School Spring Break 20
Fish Nuggets* Mac-N-Cheese*> Broccoli with Carrots Pear Milk 23	Chicken Taco* Lettuce and Pico de Gallo BBQ beans Apple Milk 24	Beef Fried Rice Corn Orange Milk 25	Lemon Pepper Baked Chicken Wheat Roll*> Capri Veggie Mix Grapes Milk 26	Cheese Pizza*> Cowboy Caviar Salad Mixed Fruit Milk 27
BBQ Baked Chicken Seasoned Rice Classic Coleslaw> Sweet Potato Bites Pear Milk 30	Korean Beef Taco* Crunchy Slaw Steamed Corn Orange Milk 31	 <p><b>The Art Contest Continues!</b> Enter today! Deadline next month! SquareMeals.org/ArtContest</p>		

**GOOD EATS AT**

## Lunch

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# HADLEY HEN



Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

## HADLEY HEN'S FAVORITE ACTIVITY

Bowling



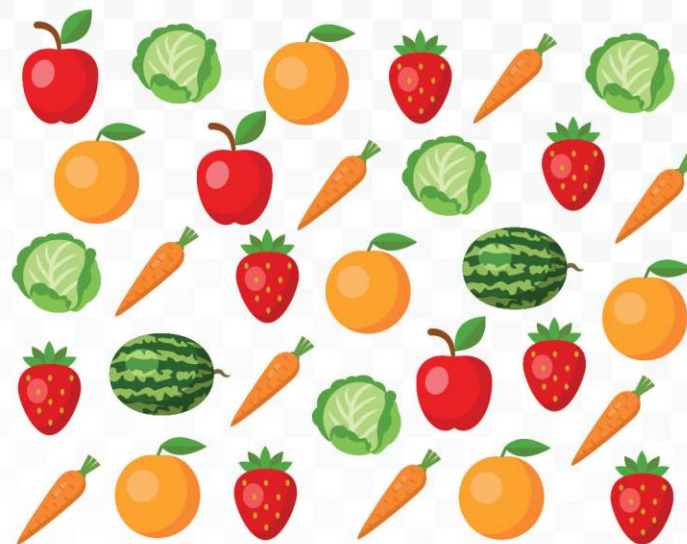
### WHAT TO KNOW

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables, and whole grains are all part of a good breakfast- and they're all produced right here in Texas.

### HOW MANY?

Count the correct number of each fruit or vegetable below.



### FUN FACT

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!

### POWER BRAIN POWER














### JOKE OF THE MONTH

Q: What did Snow White call her chicken?

A: Egg White



	_____		_____
	_____		_____
	_____		_____

5		8	
3		7	
2		6	