

MARCH

2019

GOOD EATS AT

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

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ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

Breaded Orange Chicken w/ Brown Rice
Peas & Carrots
Large Spinach Salad w/ Mandarin Oranges
Chilled Variety of Fruit ¹

TANNAHILL INTERMEDIATE
To view your student's daily purchases, lunch account balance, apply for free or reduced meals, and/or pre pay lunch account go to brewerbearcafe.com

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

Tyson Chicken Nuggets
w/ Wheat Roll
Mashed Potatoes
Garden Salad
Glazed Carrots
Chilled Variety of Fruit ⁴

Grilled Cheese Sandwich
Homemade Vegetable Soup
Black Eyed Peas
Large Garden Salad
Chilled Variety of Fruit ⁵

Beef Soft or Crispy Taco w/ Cheese
Spanish Rice
Pinto Beans
Garden Salad
Chilled Variety of Fruit ⁶

BBQ Sandwich (Texas Western Pork or Beef)
Ranch Style Beans
Baked Tater Tots
Lettuce, Tomato, Pickle
Chilled Variety of Fruit ⁷

Wild Mike's Cheese Bites w/ Marinara
Carrot Sticks w/ Dip
Broccoli w/ Cheese
Chilled Variety of Fruit ⁸

SPECIAL ANNOUNCEMENTS

SPRING BREAK ¹¹

have a good Spring Break! ¹²

Happy Spring Break ¹³

Happy Spring Break ¹⁴

Happy Spring Break ¹⁵

Variety of Sandwiches are available every day. Choice of skim chocolate milk & 1% white milk with meals.

Breaded Chicken Drumstick
w/ Wheat Roll
Mashed Potatoes
Steamed Spinach
Glazed Carrots
Chilled Variety of Fruit ¹⁸

Crispy Fish Sticks
on Wheat Bun
Ranch Style Beans
Mac & Cheese
Large Garden Salad
Chilled Variety of Fruit ¹⁹

Build Your Own Salad
Popcorn Chicken w/ Roll
Romaine/ Spinach Mix,
Diced Celery, Black Beans,
Corn, Shredded Carrots,
Mandarin Oranges,
Diced Apples
Chilled Variety of Fruit ²⁰

Turkey Hot Dog*
Ranch Style Beans
Baked Potato Smiles
Lettuce, Tomato, Pickle
Chilled Variety of Fruit
**Nitrate Free* ²¹

General TSO Breaded Chicken w/ Brown Rice
Peas & Carrots
Large Spinach Salad w/ Mandarin Oranges
Chilled Variety of Fruit ²²

**Nitrate Free*
Mon & Fri:
Variety of Pizza
Tues & Thurs:
Hamburger/ Cheeseburger

Steak Fingers
w/ Wheat Roll
Mashed Potatoes
Garden Salad
Glazed Carrots
Chilled Variety of Fruit ²⁵

Grilled/ Breaded Chicken Sandwich
on Wheat Bun
Broccoli & Cheese Veggies w/ Dip
Lettuce, Tomato, Pickle
Chilled Variety of Fruit ²⁴

Beef N Cheese Nachos
Corn
Refried Beans
Garden Salad
Cucumber salad
Chilled Variety of Fruit ²⁷

Turkey Corn Dog
Baked Vegetarian Beans,
Baked Potato Smiles,
Carrot Sticks w/ Dip,
Lettuce, Tomato, Pickle
Chilled Variety of Fruit ²⁸

Penne Pasta w/ Chicken Meatballs or Meatball Subs Or Variety of Pizza
Green Beans
Black-eyes Peas
Large Garden Salad
Chilled Variety of Fruit ²⁹

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?

A: A spare (Asparagus)

FIND THE SIX DIFFERENCES

