



i'm  
**HADLEY**  
HEN

# MARCH

**2020**

**GOOD EATS AT**

**SCHOOL BREAKFAST WEEK**

**MARCH 2-6**

SquareMeals.org/SBW

<b>M</b> Turkey Gravy Cheese Pizza Mashed potatoes Peas Bread Fruit Milk 2	<b>T</b> Pancakes & Sausage Hamburger Cucumbers Carrot sticks Fruit Milk 3	<b>W</b> Frito Pie Pepperoni Pizza Beans Lettuce Tomato Fruit Milk 4	<b>TH</b> Chicken Nuggets Cheese Burger Green beans Cauliflower Bread Gravy Fruit Milk 5	<b>F</b> Fish Strips Cheese Pizza Fries Bread Mixed Veggies Fruit Milk 6
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Ham Sandwich Pepperoni Pizza Baked Chips Carrot Sticks Fruit Milk 9	Chili Dogs Hamburger Corn Cole Slaw Fruit Milk 10	Beef Taco Bowl Cheese Pizza Beans Rice Lettuce Tomato Fruit Milk 11	Chicken fillet Cheese Burger Fresh Broccoli Salad Bread Fruit Milk 12	Egg Taco Cheese Pizza Hashbrown Fresh Spinach Fruit Milk 13
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<b>Spring Break</b> 16	<b>Spring Break</b> 17	<b>Spring Break</b> 18	<b>Spring Break</b> 19	<b>Spring Break</b> 20
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Corndog Cheese Pizza Mixed Veggies Pork n beans Fruit Milk 23	Beef Burrito Hamburger Cali blend Scallop Potatoes Fruit Milk 24	Cheese Nachos Pepperoni Pizza Beans Rice Lettuce Tomato Fruit Milk 25	Chicken Wrap Cheese Burger Celery sticks Carrot Sticks Fruit Milk 26	Spaghetti Cheese Pizza Corn Bread Green beans Fruit Milk 27
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Sausage Kolache Pepperoni Pizza Sweet Potatoes Steamed Carrots Fruit Milk 30	BBQ on Bun Hamburger Pickles Beans Baked Chips Fruit Milk 31
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**SPECIAL ANNOUNCEMENTS**

This Institution is an equal opportunity employer.



**The Art Contest Continues!**  
Enter today! Deadline next month!  
SquareMeals.org/ArtContest



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



This product was funded by USDA.  
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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



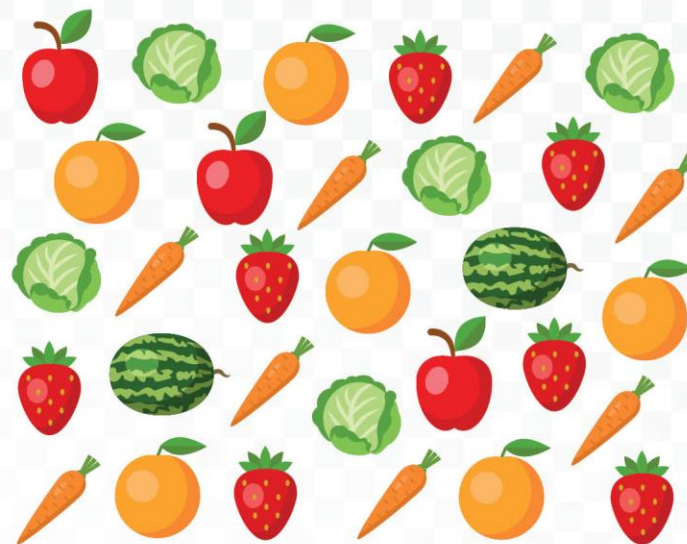
### WHAT TO KNOW

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	