

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

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

SPECIAL ANNOUNCEMENTS

| | | | | | |
|--|---|---|--|--|---|
| Chili Dogs, baby carrots, chips & pears 4 | Spaghetti w/meat sauce, green beans, salad & pudding 5 | Chicken tacos w/cheese & lettuce, green beans & apple slices 6 | Grilled ham & cheese, chips, corn & cookie 7 | Hamburger, french fries, & animal crackers 1 | Fish sticks, french fries, corn & sliced peaches 8 |
| No School Spring Break 11 | No School Spring Break 12 | No School Spring Break 13 | No School Spring Break 14 | No School Spring Break 15 | |
| Flautas, rice, beans & mixed fruit 18 | Lasagna, tossed salad, bread & pudding 19 | Chicken strips, Mashed potatoes, Corn, & banana 20 | Calabaza con Pollo, mixed veggies & mixed fruit. 21 | Pizza, tossed salad, corn & orange slices 22 | |
| Chicken with rice casserole, mixed veggies & chewy granola bar 25 | Frito Pie, rice, salad and jello 26 | Pizza Rolls, mac & cheese, corn and orange slices 27 | Chicken Quesadillas, beans & cheese w green beans & rice pudding 28 | Corn Dog, carrots sticks, chips & Fruit Rollup 29 | |



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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?

(Answered by) Sean & Sarah & Y

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension