

ENTER TODAY

SquareMeals.org ArtContest

17

TURKEY AND CHEESE SUB LETTUCE- TOMATO **SHERBETT BAKED CHIPS FRUIT** MILK 24

MILK

RICE KRISPIES TREAT **FRUIT**

18

NACHOS PINTO BEANS **CORN FRUIT** 25

MILK

CHICKEN SANDWICH FRENCH FRIES **LETTUCE- TOMATO**

FRUIT

MILK

19

FRUIT 26 MILK

FRUIT MILK

SPAGHETTI WITH **MEATSAUCE**

CARROTS BREADSTICK

BROCCOLI

FRUIT MILK

28

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TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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MARCH 2-6 SquareMeals.org/SBW

SCHOOL BREAKFAST WEEK

FRUIT

MILK

CHEESE ENCHILADAS

MEXICAN RICE

REFRIED BEANS

FRUIT

MILK

20

27

GET READY

Food and Nutrition Division | National School Lunch Program and School Breakfast Program

Lorena was a regular head of lettuce in the Healthyville fields when one day, lightening struck the top of her head and turned her head red. The other heads of lettuce had never seen anything like Lorena before. The lightning gave her super

intelligence and she taught all of the other heads of lettuce about their powerful nutrition.

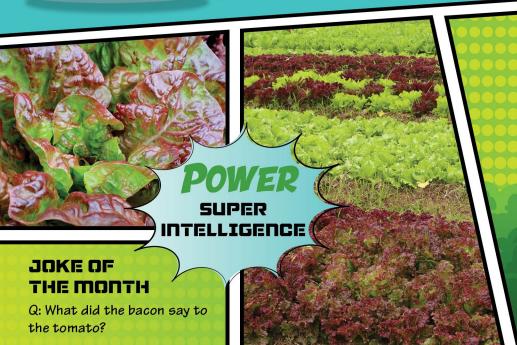
FUN FACT

Red leaf lettuce has the same nuition profile as green leaf lettuce and romaine.



WHAT TO KNOW

Red leaf lettuce is beautiful, delicious, and nutritious. It is packed with vitamin A for good vision and vitamin K for healthy blood. You can eat this healthy veggie in a varitey of sandwiches or in salads.



FIND THE SIX DIFFERENCES







A: Lettuce get together!