



# FEBRUARY 2020

**GOOD EATS AT**

HOWARD BURNHAM CHARTER SCHOOL BREAKFAST MENU

**SPECIAL ANNOUNCEMENTS**

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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
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It's **LORENA LIGHTNING**

**YOU ART WHAT YOU EAT**  
ART CONTEST

Art Contest  
**ENTER TODAY**  
SquareMeals.org/  
ArtContest



M	T	W	TH	F
ASSORTED CEREAL MUFFIN FRUIT JUICE MILK 3	OATMEAL TOAST W JELLY FRUIT JUICE MILK 4	SCRAMBLED EGGS W HAM BAGEL W JELLY FRUIT JUICE MILK 5	ASSORTED CEREAL COOKIES FRUIT JUICE MILK 6	FRENCH TOAST W SYRUP FRUIT JUICE MILK 7
ASSORTED CEREAL RICE KRISPIES TREAT FRUIT JUICE MILK 10	ARROZ CON LECHE MUFFIN FRUIT JUICE MILK 11	SCRAMBLED EGGS MINI CORN DOGS FRUIT JUICE MILK 12	HONEY BUN FRUIT JUICE MILK 13	BREAKFAST PIZZA FRUIT JUICE MILK 14
NO SCHOOL 17	PANCAKES W SYRUP FRUIT JUICE MILK 18	EGG AND SAUSAGE BISCUIT FRUIT JUICE MILK 19	ASSORTED CEREAL COOKIES FRUIT JUICE MILK 20	CONCHA BREAD FRUIT JUICE MILK 21
ASSORTED CEREAL TOAST W JELLY FRUIT JUICE MILK 24	CHOCOLATE CHIP COOKIES CHEESE STRING FRUIT JUICE MILK 25	POTATOES W CHORIZO FLOUR TORTILLA FRUIT JUICE MILK 26	ASSORTED CEREAL COOKIES FRUIT JUICE MILK 27	CHICKEN POZOLE CORN CHIPS FRUIT JUICE MILK 28

**GET READY**

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

Lorena was a regular head of lettuce in the Healthyville fields when one day, lightning 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.



### 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 variety of sandwiches or in salads.

### FUN FACT

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



**POWER  
SUPER  
INTELLIGENCE**



### JOKE OF THE MONTH

Q: What did the bacon say to the tomato?

A: Lettuce get together!

### FIND THE SIX DIFFERENCES

