

SquareMeals.org ArtContest

17

24

TURKEY AND CHEESE SUB LETTUCE- TOMATO

SHERBETT

BAKED CHIPS FRUIT

MILK

NACHOS PINTO BEANS

CORN

MILK

FRUIT

MILK

18

25

MILK

CHICKEN SANDWICH

FRENCH FRIES

LETTUCE- TOMATO

FRUIT

MILK

26

FRUIT

19

FRUIT

20 MILK

CHEESE ENCHILADAS **MEXICAN RICE**

REFRIED BEANS

FRUIT

MILK

MILK

28

MEATSAUCE BROCCOLI **CARROTS**

SPAGHETTI WITH

BREADSTICK FRUIT

MILK

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TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER**

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GET READY

SCHOOL BREAKFAST WEEK

MARCH 2-6

27

SquareMeals.org/SBW

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.

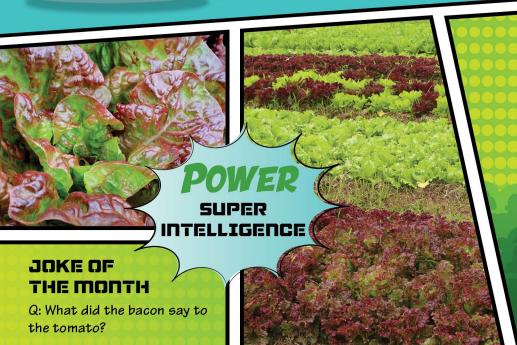
FUN FACT

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!