



# FEBRUARY 2020

**GOOD EATS AT**

HOWARD BURNHAM CHARTER SCHOOL

LUNCH MENU

**SPECIAL ANNOUNCEMENTS**

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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
PIZZA POCKET ITALIAN SALAD BABY CARROTS FRUIT MILK 3	POPCORN CHICKEN MASHED POTATOES CORN DINNER ROLL FRUIT MILK 4	BBQ RIB SANDWICH LETTUCE/TOMATO PINTO BEANS BAKED CHIPS FRUIT MILK 5	MANDARIN ORANGE CHICKEN NOODLES BROCCOLI FRUIT MILK 6	HOMESTYLE PIZZA CUCUMBER-CARROTS-TOMATO SALAD FRUIT MILK 7
BEEF PICADILLO MEXICAN RICE CARROTS CORN BREAD FRUIT MILK 10	CHEESE STICKS MARINARA SAUCE BROCCOLI FRUIT MILK 11	CHICKEN NUGGETS POTATO WEDGES PEAS CUPCAKE FRUIT MILK 12	HOT DOG PINTO BEANS CORN ON THE COB FRUIT MILK 13	MINI PIZZA ITALIAN SALAD BABY CARROTS FRUIT MILK 14
NO SCHOOL 17	BONELESS WINGS CURLY FRIES MIXED VEGETABLES RICE KRISPIES TREAT FRUIT MILK 18	GROUND BEEF TACO BOWL LETTUCE- TOMATO PINTO BEANS FRUIT MILK 19	MEATLOAF MASHED POTATOES CORN MUFFIN FRUIT MILK 20	HOME STYLE PIZZA ITALIAN SALAD DRAGON JUICE FRUIT MILK 21
TURKEY AND CHEESE SUB LETTUCE- TOMATO SHERBETT BAKED CHIPS FRUIT MILK 24	NACHOS PINTO BEANS CORN FRUIT MILK 25	CHICKEN SANDWICH FRENCH FRIES LETTUCE- TOMATO FRUIT MILK 26	CHEESE ENCHILADAS MEXICAN RICE REFRIED BEANS FRUIT MILK 27	SPAGHETTI WITH MEATSAUCE BROCCOLI CARROTS BREADSTICK FRUIT MILK 28

**GET READY**

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



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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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

