

ASSORTED CEREAL TOAST W JELLY **FRUIT** JUICE 24 MILK

ASSORTED CEREAL **COOKIES** 

27

**FRUIT** 

JUICE MILK **CORN CHIPS FRUIT** 

> JUICE MILK

28

activity conducted or funded by USDA.

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TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** 



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GET READY

**CHORIZO** 

FLOUR TORTILLA

**FRUIT** 

JUICE

MILK

26

COOKIES

CHEESE STRING

**FRUIT** 

JUICE

MILK

25

SCHOOL BREAKFAST WEEK

MARCH 2-6

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.

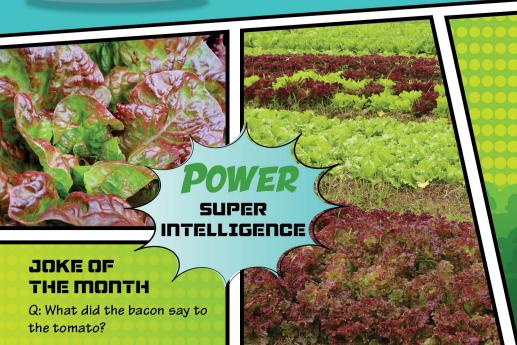
## **FUN FACT**

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!