

MARCH

Special Announcements

March 6: Spring Picture Day
Good Luck to the OAP Cast and Crew
GOOD LUCK TO ALL THE ELKS AND LADY ELKS PARTICIPATING IN TENNIS AND TRACK
Good Luck to all High School UIL participants
MARCH 28-30 STAAR TESTING



YOU ART WHAT YOU EAT ART CONTEST
CREATE & ENTER!
VISTY.SPRALEMILLS.ORG/ARTCONTEST
FOR MORE DETAILS.

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Cotton Center ISD
Home of the
Elks & Lady Elks

6 Pancakes, Bacon, Fruit, Juice, Milk

Cheese Burger
 Hamburger Garnish
 Oven Fries
 Veggie Cup
 Orange Smiles
 Milk

7 Biscuit, Gravy, Sausage, Eggs, Fruit, Juice, Milk

Ravioli w/Meat sauce
 Breadstick
 Garden Salad
 Tuscan Veggies
 Fresh Fruit
 Milk

8 Sunrise Sandwich, Fruit, Juice, Milk

Asian Bowl
 Egg Roll
 Baby Carrots
 Steamed Broccoli
 Pineapple Tidbits
 Milk

9 Breakfast Burrito, Fruit, Juice, Milk

BBQ Sandwich
 Multigrain Chips
 Coleslaw
 Apple Slices
 Milk

10 Strudel Choice, Fruit, Juice, Milk

Sack Lunch

SCHOOL BREAKFAST WEEK

13 **NO SCHOOL SPRING BREAK**

14 **NO SCHOOL SPRING BREAK**

15 **NO SCHOOL SPRING BREAK**

16 **NO SCHOOL SPRING BREAK**

17 **NO SCHOOL SPRING BREAK**

20 Kolache, Yogurt, Fruit, Juice, Milk

Popcorn Chicken
 Oven Fries
 Cucumber Dippers
 Peaches
 Cookie
 Milk

21 Breakfast Pizza, Fruit, Juice, Milk

Steak Fingers
 Hot Roll
 Mashed Potatoes/Gravy
 Carrot Coins
 Mandarin Oranges

22 Cheese Omelet Wrap, Fruit, Juice, Milk

Chicken Quesadilla
 Seasoned Corn
 Charro Beans
 Cinnamon Applesauce
 Milk

23 Waffles, Sausage, Fruit, Juice, Milk

Spaghetti Bowl
 Breadstick
 Garden Salad
 Cali Blend Veggies
 Fresh Fruit
 Pudding Choice
 Milk

24 Cinnamon Roll, Bacon, Fruit, Juice, Milk

Teriyaki Beef Dippers
 Baked Chips
 Broccoli Bites
 Tomato Cup
 Orange Smiles
 Milk

27 Dutch Waffle, Bacon, Fruit, Juice, Milk

Pizza Choice
 Broccoli Bites
 Baby Carrots
 Mixed Fruit
 Milk

28 Pancake Wrap, Yogurt, Fruit, Juice, Milk

Elk Bowl
 Hot Roll
 Fresh Apples
 Milk

29 Early Bird Sandwich, Fruit, Juice, Milk

BBQ Sandwich
 Coleslaw
 Pinto Beans
 Orange Smiles
 Milk

30 French Toast, Sausage, Fruit, Juice, Milk

Chicken Alfredo
 Tuscan Vegetables
 Breadstick
 Carrot Coins
 Apple Slices
 Cookie
 Milk

31 **FRI DAY**

Field Peas

Field peas are edible legumes found in the pods of pea plants. They come in many different shapes and sizes depending on the variety. Legumes are a class of vegetables which include beans, peas and lentils. Most peas are used in soups, or as a side dish, but you can also make dips and even chili with them. In Texas, you may have heard the term, Southern field pea (cowpea). This term refers to many different types of field peas that we cook in the south. Varieties include blackeye, pinkeye, cream and crowder peas.

Growing Regions: High Plains and East Texas

Growing Months: April through November

Did You Know?



In the south, blackeye peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Ants on a Log

A Fun and Healthy Treat: You can spread peanut butter inside the celery stalk and add raisins on top and call it "ants on a log." Ask an adult for help making this healthy snack!

Step 1:

Get some fresh Texas celery



Step 2:

Add some peanut butter



Step 3:

Lastly add fresh raisins. Enjoy!



Joke of the Month

Q. What vegetable might you find in your basement?
see answer below.



High Plains

East Texas

Rio Grande Valley

Growing Regions

Celery

Celery is a very versatile vegetable and both the stalks and the leaves are delicious. The long, crispy stalks can be washed and eaten and called a celery stick. Celery stalks can also be chopped and cooked in another dish like a soup or stew. Celery leaves are used less often but they are delicious when eaten raw in a salad or pesto sauce or cooked in stir fry or soup. The leaves can also be used like an herb to add flavor to foods. Celery is available year round and the celery bunch should be compact, crisp and shiny when you buy it.

Growing Region: Rio Grande Valley

Growing Months: September through April

Visit: SquareMeals.org/SeasonalityWheel

