

Lettuce World



Lamar "Red Leaf" Lettuce x 02



FEBRUARY 2018

MON

TUE

WED

THUR

FRI

SCHOOL BREAKFAST WEEK
IS NEXT MONTH!
MARCH 5-9
squaremeals.org/sbw

+200



+100



+50

Good Eats at:

WEIMAR ISD

24

Valentine's Day

Crispy Tacos
Pinto Beans
Lettuce/Tomato
Pineapple
Milk

5

Chicken Alfredo
Sweet Peas
Carrots
Peaches
Bread Milk

6

Hot dog
Swt Potato Fries
Baked Beans
Baked Apples
Milk

7

Quesadilla
Corn
Broccoli
Fruit Mix
Milk

8

Hamburgers
Oven Fries
Burger Salad
Fresh Fruit
Milk

9

Chicken Tender
Mashed Potatoes
Carrots
Pears
Milk

12

Enchiladas
Pinto Beans
Broccoli
Fruit Mix
Milk

13

Fish Squares
Mac & Cheese
Sweet Potatoes
Peas Peaches
Milk

14

Lasagna
Green Beans
Vegetable Blend
Pineapple
Bread Milk

15

Pizza
Corn
Garden Salad
Applesauce
Milk

16

No School

19

Burrito
Pinto Beans
Broccoli
Peaches
Milk

20

Chicken Nuggets
Mashed Potatoes
Carrots
Pears
Bread Milk

21

Sausage Roll
Baked Beans
Corn
Baked Apples
Milk

22

Hamburger or Fish
Oven Fries
Burger Salad
Fresh Fruit
Milk

23

Steak fingers
Mashed Potatoes
Carrots
Pears
Milk

26

Spaghetti with
Meat Sauce Bread
Green Beans
Broccoli
Fruit Mix Milk

27

Hot Dog
Oven Fries
Baked Beans
Mandarin Oranges
Milk

28

Special Announcements

BREAKFAST
Monday-Muffin, Cereal
Tuesday-Biscuit, Eggs
Wednesday-Sausage Roll, Cereal
Thursday-Pancakes, Sausage
Friday-Toast Sticks, Cereal
Fresh Fruit Offered Daily
Apple or Orange Juice
White or Chocolate Milk

Fun facts on back!

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Red Leaf LETTUCE

I'm Lamar Lettuce and I am in the Red Leaf circle. As my name suggests, I have large, open leaves and my color is a reddish-purple. The most popular lettuce varieties grow in tight balls called "heads." Some of my cousins grow in water, that's called hydroponics. My close lettuce relatives include romaine, green and butter. We are harvested by cutting the short stem underneath our leafy mass. We are fat-free and offer more nutrients than green lettuce, like more of vitamins A and K. I also add flavor, texture and nutrition to many different recipes.



Salad TIME

One of the world's most popular salad vegetables, lettuce comes in many shapes, sizes and colors. It is usually served cold and fresh although some cultures will cook or steam lettuce.



MAZE

Find your way to the red leaf lettuce



Fun FACT

Did you know lettuce is a member of the sunflower family?

Launch PAD

RED LEAF LETTUCE GROWING REGIONS



1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley

Joke of the MONTH

Knock Knock!

Who's there?

Lettuce.

Lettuce who?

Lettuce in, we're freezing.



Tuna Apple Salad SANDWICH

INGREDIENTS

1 apple (such as Fuji or Pink Lady Washington) • 1 can 12-oz chunk light tuna (drained) • 2 tablespoons low-fat plain yogurt • 2 tablespoons reduced-fat mayonnaise • ½ cup raisins (or chopped figs) • ¼ cup chopped walnuts • ½ teaspoon ground black pepper • 2 tablespoons chopped fresh parsley (optional) • ½ teaspoon curry powder (optional) • 8 leaves lettuce (Bibb, Romaine, green, or red leaf) • 8 slices whole-grain bread

PREPARATION

1. Cut apple in quarters; remove core and chop. 2. In a medium-sized bowl, mix all salad ingredients, except tuna. 3. Gently fold in tuna. 4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Recipes courtesy of: www.whatscooking.fns.usda.gov

