



i'm
**HADLEY
HEN**

MARCH

COLUMBUS COMMUNITY SCHOOLS

2020

**GOOD
EATS AT**

Menus may be changed due to circumstances beyond our control. Juice, milk, and cereal offered daily with breakfast. Milk choices served daily with lunch. Pre-k white milk only.

**SPECIAL
ANNOUNCEMENTS**

Also available instead of main entrée: MS/HS Cold meat sandwich, Chef salad, or cereal w/ PB&J sandwich & 1 cheese stick.
Roundy 4-6 grade: cereal w/ PB&J sandwich & 1 cheese stick, or chef salad.

**SCHOOL
BREAKFAST
WEEK**

MARCH 2-6

SquareMeals.org/SBW

M

Breakfast Mountain
Pork Fritter on a bun
Veggie sticks
Smiles
Pears **2**

T

Breakfast Pizza Egg & bacon or Sausage
Texas Mountain-texas toast, hamburger mashed potatoes and cheese sauce
Peaches **3**

W

Cinnamon Bun
Creamed Chicken on a biscuit
Peas
Strawberries **4**

TH

Breakfast Burrito
Breakfast for Pancakes, Sausage, Tri tatar, Egg Omelet,
Apple, Grape, Orange, and Tomato Juice **5**

F

Frudel
Fish Sticks w/ tartar sauce, mashed potatoes,
Broccoli,
Pineapple **6**

Scrambled eggs & ham and toast

Mr Rib on a bun
Sweet Potato Puffs
Kiwi **9**

Muffin
Chili Crispito
Romaine Lettuce w/ dressing
Oranges
Churro **10**

Scone
Chicken Fajitas
Flour tortilla, shredded lettuce, cheese, salsa
Corn and Applesauce **11**

Breakfast Pizza Egg & bacon or sausage
Mini Corndogs
Baked Beans
Cottage Cheese
Pineapple **12**

NO SCHOOL!

13

NO SCHOOL!

16

NO SCHOOL!

17

Breakfast Pizza Egg/ bacon or sausage
Pizza
Corn
Applesauce
HS-Breadstick **18**

Breakfast Biscuit
Chicken Patty on a bun, Peaches,
Oatmeal Cookie
NATIONAL OATMEAL COOKIE DAY! **19**

French Toast Sticks
Breaded Shrimp
Potato Salad
Baked Beans
Mixed Fruit **20**

Breakfast Pizza Egg /Bacon or Sausage
Chicken Patty on a bun,
Tatar Tots
Pears **23**

Yogurt Parfait
Taco – flour shell,
Hamburger, shredded lettuce, cheese, Refried Beans, Rice, & Applesauce **24**

Waffles in a bag
Popcorn Chicken
Mashed Potatoes
Green Beans
Mixed Fruit **25**

Cereal PB&J Sandwich
Spaghetti
Spinach Salad w/ dressing
Pears & Roll **26**

Long John & Fruit
Fish Sandwich
Tartar Sauce
French Fries
Grapes **27**

Omelet Wrap

Hamburger on a bun
Tri Tatar
Banana **30**

Biscuits and Gravy
Orange Chicken
California Blend
Rice
Fortune Cookie
Pineapple **31**



The Art Contest Continues!

Enter today! Deadline next month!

SquareMeals.org/ArtContest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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HADLEY HEN



Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

HADLEY HEN'S FAVORITE ACTIVITY

Bowling



WHAT TO KNOW

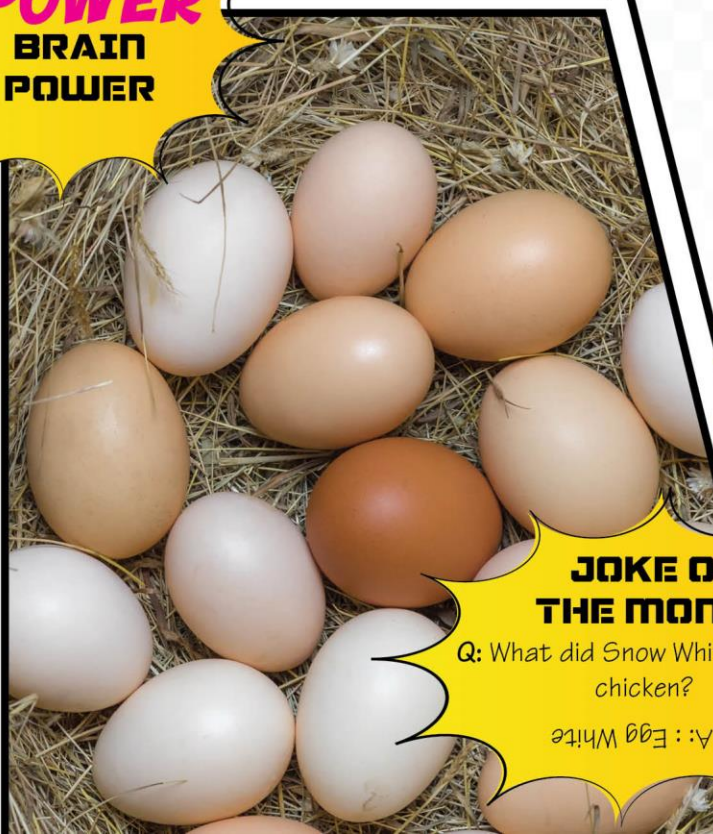
This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables, and whole grains are all part of a good breakfast- and they're all produced right here in Texas.

POWER BRAIN POWER

FUN FACT

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



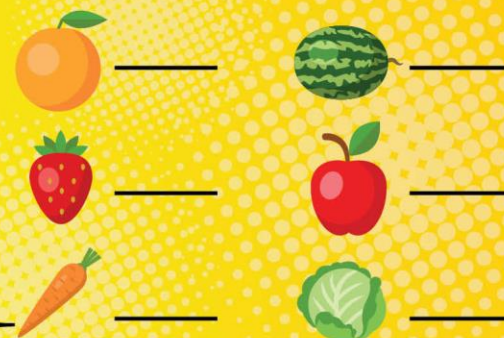
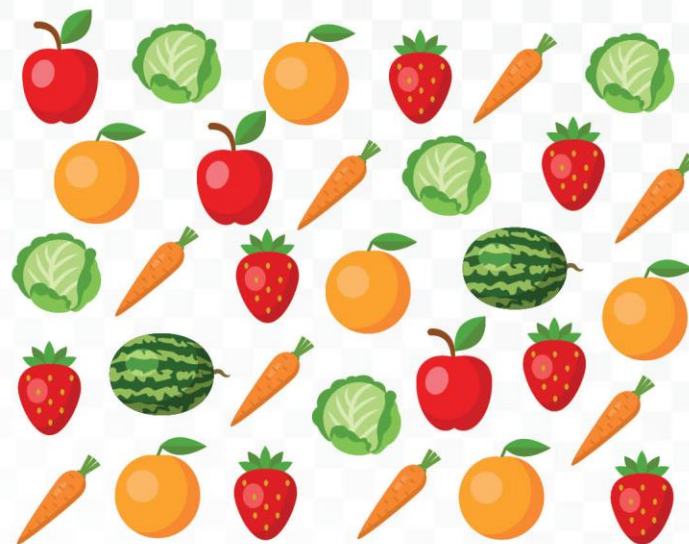
JOKE OF THE MONTH






Q: What did Snow White call her chicken?

A: Egg White

HOW MANY?

Count the correct number of each fruit or vegetable below.



5		8	
3		7	
2		6	