

FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

BREAKFAST PRICES
PK-12.....\$1.00
REDUCED.....30c
ADULT.....\$1.50

MENU IS SUBJECT TO CHANGE.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>YEE-HAW! School Breakfast Week is next Month!</p>		<p>1 Sausage W/ Biscuit Or Cereal W/ Toast Fruit variety Juice Choice Milk Choice</p>	<p>2 Muffin W/ Yogurt Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>3 Cereal W/Toast Or Cinnamon Toast W/ Cereal Fruit Variety Juice Choice Milk Choice</p>
<p>6 Waffles W/ Syrup Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>7 Breakfast Pizza Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>8 Sausage W/ Biscuit Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>9 Cinnamon Roll W/ Yogurt Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>10 Oatmeal W/Toast Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>
<p>13 French Toast Sticks w/ syrup or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>14 BK Taco W/ Salsa Or Cereal W/ Toast Fruit Variety Juice Choice</p> <p>VALENTINES DAY</p>	<p>15 Sausage W/ Biscuit Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>16 Pig in a Blanket W/ Yogurt Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>17 Cereal W/Toast Or Cinnamon Toast W/ Cereal Fruit Variety Juice Choice Milk Choice</p>
<p>20 NO SCHOOL</p>	<p>21 Breakfast Burrito w/ salsa or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>22 Sausage W/ Biscuit Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>23 Muffin W/ Yogurt Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>	<p>24 Oatmeal W/Toast Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>
<p>27 Pancakes w/ syrup Or Cereal w/ toast Fruit Variety Juice choice Milk choice</p>	<p>28 BK Bagel Or Cereal W/ Toast Fruit Variety Juice Choice Milk Choice</p>			

Good Eats At:

**GRAFORD ISD
 BREAKFAST MENU**

Blackberries

Blackberries grow on thorny, woody bushes called brambles or canes. The plants grow year round but the fruit is best in the spring and summer months. Blackberries have a variety of names including brambleberries, dewberries, and thimbleberries. Blackberries, like raspberries, are actually made up of a cluster of tiny fruits, called drupelets. Each berry has about 80 to 100 drupelets.

Growing Region: East Texas

Growing Months: April through June



Fun Fact

Blackberries, unlike raspberries have a solid center when they are pulled off the 'cane'.

FIND YOUR WAY TO THE GOLD STAR!

START



Joke of the Month

Q. What do you call a sad berry?
see answer below.



East Texas

Growing Regions

Fun Fact: Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make gray paint.

Blueberries

Also called star berries and huckleberries, blueberries are the edible, bluish berry that grows on a shrub. Blueberries can be eaten in a variety of ways. You can put them in waffles, salads, cereal and oatmeal. They can also be used to make juice, smoothies or just eaten by themselves.

Did you know? Some varieties of blueberry plants can produce up to 15 pounds of berries per year.

Growing Region: East Texas

Growing Months: May through July



Visit: SquareMeals.org/SeasonalityWheel