

MARCH

2019

GOOD EATS AT

GRAFORD ISD
BREAKFAST MENU

THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY
PROVIDER

SPECIAL
ANNOUNCEMENTS

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

HAVE A GREAT
MONTH!!


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
   
This product was funded by USDA.
This institution is an equal opportunity provider.



M **T** **W** **TH** **F**

ART CONTEST CONTINUES
"You ART what You Eat"
Create and enter today!
SquareMeals.org/artcontest

Cereal w/ Toast
Or
Cereal w/ Cinnamon
Toast
Fruit variety
Juice Choice 1

**SCHOOL
BREAKFAST
WEEK
MARCH 4-8**
SquareMeals.org/sbw

French Toast Sticks
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 4
Milk Choice

BK Taco w/ salsa
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 5
Milk Choice

Sausage w/ Biscuit
Or
Cereal w/ Toast
Fruit Variety
Juice choice 6
Milk Choice

**NO
SCHOOL** 7

**NO
SCHOOL** 8

**NO
SCHOOL** 11

**NO
SCHOOL** 12

**NO
SCHOOL** 13

**NO
SCHOOL** 14

**NO
SCHOOL** 15

Waffles w/ Syrup
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 18
Milk Choice

Minni Cinnis
Or
Cereal W/ Toast
Fruit Variety
Juice Choice 19
Milk Choice

Sausage gravy
w/Biscuit
Or Cereal w/ Toast
Fruit Variety
Juice Choice 20
Milk Choice

Cinnamon roll
w/Yogurt
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 21

Oatmeal w/ Toast
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 22
Milk Choice

Pancakes w/ syrup
Or
Cereal w/ toast
Fruit Variety
Juice Choice 25
Milk Choice

BK Pizza
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 26
Milk Choice

Sausage & Egg Biscuit
Or
Cereal w/ Toast
Fruit Variety
Juice Choice 27
Milk Choice

Muffin w/ Yogurt
Or
Cereal w/ Toast
Fruit Variety
Juice choice 28
Milk Choice

Cinnamon Toast or
Or Buttered Toast
W/ Cereal choice
Fruit Variety
Juice Choice 29
Milk Choice

GUS JUSTICE
Asparagus

When Gus was just a little shoot, a group of candy criminals ran through the town on their candy wrapper horses and trampled the field he was growing in. He vowed to rise against the candy that robbed the children of their good nutrition and make sure Healthyville flourished again. Not knowing what to do, he went to the University of Healthyville to visit and learn from Professor Green and Dr. Broccoli. They both told Gus he was a good source of folic acid and that helps promote the growth of healthy cells. He could use his powers to help Healthyville cut back on candy! He rallied his fellow spears and away they went using their folic acid to help the town and the children. To this day the Justice Squad uses their spears to keep the candy criminals out of the fields and out of the hands of children in Healthyville.

FUN FACT

Asparagus is good source of vitamin A and C and minerals



GUS JUSTICE'S FAVORITE ACTIVITIES
Track and field and Bowling



POW!
ARCH ENEMY
Candy Criminals

JOKE OF THE MONTH

Q: What is it called if a bowler knocks half the pins down on his first roll, then knocks the rest down on his second roll?

(Answer) Spare | 2 pins

FIND THE SIX DIFFERENCES



Sources: Texas A&M and Agrilife Extension