

# FEBRUARY

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A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast  
Week is next Month!

1 PANCAKE &  
SAUSAGE ON A  
STICK  
PINEAPPLE  
JUICE  
MILK

2 CHEESE OMELET  
TOAST  
MANDARIN  
ORANGES  
JUICE  
MILK

3 POP TART  
FRUIT CHOICE  
JUICE  
MILK

6 CEREAL  
TOAST  
PEACHES  
JUICE  
MILK

7 BISCUITS & GRAVY  
PINEAPPLE  
JUICE  
MILK

8 FRENCH TOAST  
FRESH FRUIT  
JUICE  
MILK

9 PANCAKES  
APPLESAUCE  
JUICE  
MILK

10 NO  
SCHOOL

13 CEREAL  
TOAST  
PEARS  
JUICE  
MILK

14 SMOOTHIE  
CEREAL BAR  
FRESH FRUIT  
JUICE

VALENTINES DAY

15 PANCAKE &  
SAUSAGE ON A  
STICK  
PINEAPPLE  
JUICE  
MILK

16 BREAKFAST  
BURRITO  
FRESH FRUIT  
JUICE  
MILK

17 POP TART  
FRUIT CHOICE  
JUICE  
MILK

20 CEREAL  
TOAST  
PEACHES  
JUICE  
MILK

21 BREAKFAST PIZZA  
PINEAPPLE  
JUICE  
MILK

22 FRENCH TOAST  
FRESH FRUIT  
JUICE  
MILK

23 WAFFLES  
APPLESAUCE  
JUICE  
MILK

24 POP TART  
FRUIT CHOICE  
JUICE  
MILK

27 CEREAL  
TOAST  
PEARS  
JUICE  
MILK

28 PANCAKE &  
SAUSAGE ON A  
STICK  
PINEAPPLE  
JUICE  
MILK

**Good Eats At:**

**DILLER-ODELL PUBLIC SCHOOL  
BREAKFAST**

# FEBRUARY

A HEALTHY LUNCH IS  
BERRY IMPORTANT TO ME!



## Special Announcements

FRESH FRUIT & VEGETABLE  
BAR SERVED DAILY

MILK CHOICE SERVED DAILY



Monday

Tuesday

Wednesday

Thursday

Friday

**YEE-HAW!**

School Breakfast  
Week is next Month!

1 WALKING TACO  
CORN  
FRESH FRUIT  
RICE CRISPY BAR

2 DELI TURKEY  
SANDWICH  
SUNCHIPS  
FRUIT SALAD

3 CHILI OR  
CHICKEN NOODLE  
SOUP  
FRESH VEGGIES  
PEACHES  
CINNAMON ROLL

6 PIZZA  
LETTUCE SALAD  
PEARS  
GELATIN CUP

7 BREADED BEEF  
PATTIE  
MASHED POTATOES  
GREEN BEANS  
PEACHES  
DINNER ROLL

8 GRILLED  
CHICKEN SANDWICH  
POTATO SALAD  
FRESH FRUIT

9 HOT HAM &  
CHEESE SANDWICH  
SWEET POTATO  
FRIES  
MIXED FRUIT

10 NO SCHOOL

13 CHICKEN  
NUGGETS  
STEAMED CARROTS  
APRICOTS  
DINNER ROLL

14 HAMBURGER  
ON WG BUN  
FRENCH FRIES  
APPLESAUCE

15 CAVATINI  
LETTUCE SALAD  
GARLIC TOAST

16 SAUSAGE  
PATTIE  
HASH BROWNS  
JUICE  
FRESH FRUIT

17 CHILI  
CRISPITOS  
MEXICAN RICE  
CORN  
FRUIT CHOICE

VALENTINES DAY

20 FIESTADO  
PIZZA  
CORN  
FRESH FRUIT

21 BREADED PORK  
PATTIE  
SCALLOPED  
POTATOES  
TROPICAL FRUIT  
DINNER ROLL

22 SPAGHETTI &  
MEATSAUCE  
LETTUCE SALAD  
PEARS  
GARLIC BREAD

23 GENERAL TSO'S  
CHICKEN WRAP  
PEAS  
PEACHES  
SHERBET CUP

24 BBQ PORK  
POTATO WEDGES  
PINEAPPLE

27 MINI  
CORNDOGS  
GREEN BEANS  
APPLECRISP

28 TACO SOUP  
CORN CHIPS  
APPLE WEDGES  
AUTUMN SPICE BAR

**Good Eats At:**

DILLER-ODELL PUBLIC SCHOOL  
JR & SR HIGH

# 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'.

# 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](https://www.squaremeals.org/SeasonalityWheel)



## Activities

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.