

WHAT'S NEW with



Coming soon:

National School Breakfast week!

Studies show students who eat breakfast:

- Reach higher levels of achievement in reading and math.
- Score higher on standardized tests
- Increase concentration and memory
- Are better able to maintain a healthy weight
- Watch for more information & fun about NSBW!

March 8 - 12



Calling all Artists!

The Texas Department of Agriculture hosts a competition each spring: “You ART what you eat” is an art contest where students incorporate school meals with TDA’s annual theme.

Winners chosen from:

K - 5th Grade & 6 - 12th Grade

Deadline: April 2nd

Check out the 2020 winners, review forms and learn how to participate via link:

[You Art what you eat!](https://squaremeals.org)

OR

<https://squaremeals.org>

Celebrating Meatless Monday!

Meatless Monday meals can be found on the monthly school lunch menu!

Humans use more than 2000 different types of plants to create various delicious food items in our meals!

Can you name 5?

Green, leafy vegetables like spinach, romaine lettuce and kale are a rich source of iron.

What’s your favorite meatless meal?

Rev Riddle: I’m a bell but you can’t ring me. What am I? Answer below!

Did You Know?

Revolution Foods provides healthy school lunches and is dedicated to making sure that ALL kids have access to healthy food. Your school has chosen Revolution foods as the school meal provider and we want to hear from you!

Please let us know if you’re picking up curbside meals and if you’re not, why? Use your phone to scan the QR code below. If you prefer, go to the link further below!

Those who answer the curbside question and write the word **Harmony** in the notes will be entered into a drawing for a \$25 gift card to Target!



surveymonkey.com/r/meals-survey

Answer A bell pepper!