

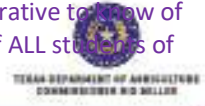
FEBRUARY

A HEALTHY LUNCH IS
BERRY IMPORTANT TO ME!



Special Announcements

This month Panther Café will continue to offer more fresh whole fruit choice as well as alternate meals. Our Students here at BSSP are enjoying the new home made entrees. Also as well we are now serving fresh grass feed ground beef in our pasta dishes in place of ground turkey. We will continue to use ground turkey in our dishes like Sheppard's Pie and our awesome Southern Style Chili. Parents please contact Ms. Precious in Panther Café if your child has any type of food allergy so we may update this information. It is very imperative to know of any and all food allergies of ALL students of BSSP.



Monday

Tuesday

Wednesday

Thursday

Friday

YEE-HAW!

School Breakfast
Week is next Month!

1
B: Sausage+ Eggs +Grits
L:Lg Grilled Chicken Salad
Grapes
Garlic Toast
Fruit Juice

2
B: French Toast Sticks+
Strawberries w/
Whipped Topping
L: Stuffed Bell Peppers
Celery w/ Ranch Dressing

3
B: Breakfast Pizza + Fruit
Juice
L: Cheese Pizza (2 Slices)
Carrots w/ Ranch
Fresh Apple

6
B: Cereal+ String
Cheese+ Applesauce
L: Fish Stick
w/ Tartar Sauce
Green Beans
Fruit Juice

7
B: French Toast
+Sausage+ Pineapples
L: Beef Steak w/ Gravy
Salad
Garlic Toast
Fruit Juice

8
B: Sausage+ Eggs+ Grits+
Toast w/ Jelly
L: Chicken Alfredo
Broccoli
Garlic Toast

9
B: Pancakes w/ Syrup+
String Cheese
L: Chili w/ Cheese
Corn Bread
Grapes

10
B: Breakfast Pizza + Fruit
Juice
L: Cheese Pizza (2 Slices)
Carrots w/ Ranch
Fresh Apple

13
B: Breakfast Taquito w/
Mild Salsa +Fruit Juice
L: Sheppards Pie (w
Ground Turkey)
Fresh Oranges

14
B: Toast + Sausage+ Asst.
Fruit
L: Spaghetti w/ Meatballs
Southwestern Salad
Fruit Juice
Sweet Heart Cake

15
B: Sausage+ Eggs+
Cheese Grits
L: Fish Stick
Mac and Cheese
Corn
Apple w/ Whipped

16
B: Cereal + Cinnamon
Toast + Fruit Juice
L: Nacho + Cheese (w/
Ground Turkey)
Fresh Tropical Fruit

17
B: Breakfast Pizza + Fruit
Juice
L: Cheese Pizza (2 Slices)
Carrots w/ Ranch
Fresh Apple

20
B :Pop Tarts+ Whole
Fresh Fruit + String
Cheese
L:Lg Grilled Chicken Salad
Grapes
Garlic Toast

21
B: Pancakes + Sausage+
Fruit Juice
L: LG Mac and Cheese
Corn
Garlic Bread
Banana

22
B: Sausage+ Eggs +Grits+
Toast w/ Jelly
L: Beef A Roni w/ Cheese
Corn

23
B: Cereal + String Cheese
L: Fish Stick
w/ Tartar Sauce
Green Beans
Fruit Juice

24
B: Breakfast Pizza
+ Fruit Juice
L: Cheese Pizza 2 Slices)
Carrots w/ Ranch
Fresh Apple

27
B: Turkey Bacon +
Cinnamon Toast + Fruit
Juice
L: Nacho + Cheese (w/
Ground Turkey)

28
B: 1st Choice: Assorted
Cereal+ Cinnamon Toast:
+ Fresh Fruit 2nd Choice :
Breakfast Burrito+ Fresh
Fruit
L: Chicken and Rice
Green Beans+ Fruit Juice

Good Eats At:

Basilica School of Saint Paul
Panther Café

Questions, comments, or concerns? Please
contact Ms. Precious at (386) 252-7915 ext. 331

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.