

MARCH

2019

GOOD EATS AT

Chester ISD!!
Menu Subject to Change

It's **GUS JUSTICE** to the rescue!

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

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

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

SPECIAL ANNOUNCEMENTS

Breakfast will offer varied choices of cereals, yogurt and juices.
The choice of a PBJ is available every day at lunch, as well as fresh vegetables.
A variety of milk and fruit is offered with each meal.
Condiments will be available with their appropriate meals.

<u>Pancake on a Stick</u> Nachos, Refried Beans, Salad 4	<u>Muffins</u> Chicken Strips, Mashed Potatoes, Green Beans, Biscuit 5	<u>Scrambled Eggs, Toast</u> Pizza, WK Corn, Cheese Stick 6	<u>Kolaches</u> Chicken Spaghetti, Black Eyed Peas, Salad 7	<u>Breakfast Burrito</u> Chicken Sandwich, Fries, Salad 8
<u>Oatmeal, Toast</u> Cheese Quesadilla, Spanish Rice, Salad 11	<u>French Toast</u> Salisbury Steak, Mashed Potatoes, Greens, Cornbread 12	<u>Parfait</u> Popcorn Chicken, Ranch Style Beans 13	<u>Pretzel, Cheese Stick</u> Chili, Rice, Raw Celery, Crackers 14	NO SCHOOL!! 15
<u>Pancakes</u> Burritos, Pinto Beans, Salad 18	<u>Poptarts</u> Country Fried Steak, Mashed Potatoes, Green Beans, Roll 19	<u>Muffins w/ Mom</u> Pizza, WK Corn, Cheese Stick 20	<u>Breakfast Pizza</u> Chicken Alfredo, Spinach, Garlic Toast 21	<u>Scrambled Eggs, Toast</u> Burger, Fries, Salad 22
<u>Waffles</u> Frito Pie, Ranch Style Beans, Salad 25	<u>Pancake on a Stick</u> Chicken Strips, Mashed Potatoes, Green Beans, Roll 26	<u>Oatmeal, Toast</u> Hot Dogs, Baked Beans 27	<u>Parfait</u> Lasagna, WK Corn, Salad 28	<u>French Toast</u> Country Fried Steak Sandwich, Fries 29

Teacher Work Day
March 15th, No School

Muffins with Mom
March 20th.
Breakfast starts at 7:30.

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?

A: A spare (Asparagus)

FIND THE SIX DIFFERENCES

