

# MARCH

2019

GOOD EATS AT

**NEWCASTLE  
ISD**

**SPECIAL  
ANNOUNCEMENTS**

Menu is subject to change.

Served Daily:  
Variety of Milk  
Variety of Juice  
Variety of Cereal



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
This institution is an equal opportunity provider.

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](http://SquareMeals.org/artcontest)

Breakfast:  
French Toast  
Lunch:  
Popcorn Chicken  
Mashed potatoes  
Green beans 1

**SCHOOL  
BREAKFAST  
WEEK**  
**MARCH 4-8**  
[SquareMeals.org/sbw](http://SquareMeals.org/sbw)

Breakfast:  
Breakfast Pizza  
Lunch:  
Taquitos, Queso  
Beans, Fruit 4

Breakfast:  
Chicken~N~Biscuit  
Lunch:  
Chicken Nuggets  
Mac&cheese  
Green beans 5

Breakfast:  
Power Breakfast  
Lunch:  
Meatball Sub  
Tater tots, Fruit 6

Breakfast:  
Sausage Kolache  
Lunch:  
Pizza Choice  
Corn, Fruity Gelatin

Breakfast:  
Sausage Biscuit  
Lunch:  
Frito Pie  
Fruit, Veggie 8

SPRING BREAK 11

SPRING BREAK 12

SPRING BREAK 13

SPRING BREAK 14

SPRING BREAK 15

Breakfast:  
Pancakes  
Lunch:  
Steak fingers  
Mashed potatoes  
Fruit 18

Breakfast:  
Sunrise Sandwich  
Lunch:  
Spaghetti Bowl  
Steamed Veggies  
Fruit 19

Breakfast:  
French Toast  
Lunch:  
Texas Chili  
Cornbread, Fruit 20

Breakfast:  
Oatmeal  
Lunch:  
Chicken Quesadilla  
Beans, Fruit 21

Breakfast:  
Breakfast B  
Lunch:  
Popcorn Chicken  
Fries, Fruit 22

Breakfast:  
Sausage Kolache  
Lunch:  
Breaded Drumstick  
Biscuit, Corn  
Fruit 25

Breakfast:  
Breakfast Taquito  
Lunch:  
Tacos, Beans  
Salad, Fruit 26

Breakfast:  
Waffles  
Lunch:  
Stuffed Shells  
Steamed Veggies  
Fruit, Roll 27

Breakfast:  
Breakfast Pizza  
Lunch:  
Hamburger  
Fries, Fruit 28

Breakfast:  
French Toast  
Lunch:  
Chicken Parmesan  
Breadstick, Salad 29



**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?

(Answered by) Sean & Sarah & Y

**FIND THE SIX DIFFERENCES**



Sources: Texas A&M and Agrilife Extension