

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

APRIL

**THIS MONTH,
EVERYTHING'S
PEACHY!**



MONDAY



Oatmeal /Toast

OR

Cereal/Toast

4

Pancakes

OR

Cereal/Cheese
Stick /Syrup

11

French Toast
Sticks/Syrup

OR

Cereal/Pop Tart

18

Pancakes

OR

Cereal/Pop Tart
Syrup

25

TUESDAY



Muffin

OR

Cereal/Pop Tart

5

Donut

OR

Cereal/Pop Tart

12

Oatmeal/Toast

OR

Cereal/Toast

19

Oatmeal/Toast

OR

Cereal/Toast
Jelly

26

WEDNESDAY

Morning Sausage
Roll

OR

Cereal/Pop Tart

6

Blueberry Muffin

OR

Cereal/Cheese
Stick

13

Chocolate Muffin

OR

Cereal/Pop Tart

20

Blueberry Muffin

OR

Cereal/Pop Tart

27

THURSDAY



Breakfast Pizza

OR

Cereal/ Pop Tart

7

Waffles

OR

Cereal/Pop Tart
Syrup

14

Breakfast Pizza

OR

Cereal/Pop Tart

21

Waffles

OR

Cereal/Pop Tart
Syrup

28

FRIDAY

Biscuit/Sausage

OR

Cereal/Pop Tart
Gravy/Jelly

1

Biscuit/Sausage

OR

Cereal/Pop Tart
Gravy/Jelly

8

NO SCHOOL

15

Biscuit/Sausage

OR

Cereal/Pop Tart
Gravy/Jelly

22

Biscuit/Sausage

OR

Cereal/Pop Tart
Gravy/Jelly

29

GOOD EATS AT:

Tioga

Breakfast PK-12



SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS:

1% Plain, FF Chocolate Milk, Fruit
and Fruit Juice.

April 5: Breakfast with Mom

7:15-8:00

April 12: Breakfast with Dad

7:15-8:00

Menu Subject to Change



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S APRIL! Treat yourself to nature's fast food—vitamin packed fruits like fresh peaches that you can just wash and eat. They're part of the Great Plate of Texas!

SUBJECT: Peaches

CATEGORY: Fruit

GROWING REGIONS: East Texas, Central Texas, North Texas

WHERE TO FIND IT: In the produce section of your supermarket, and in trees all over Texas.



DISTINGUISHING CHARACTERISTICS:

Texas peaches are a stone fruit related to nectarines, cherries and plums. They're round with a soft, fuzzy, red and yellow skin.

WHAT TO KNOW:

Fruit not only tastes great, it's incredibly good for you. A medium-sized Texas peach has only 58 calories, and is a good source of vitamin A and C.

JOKE:

Q: Did you hear the joke about the Texas peach?

A: It was pit-iful!



You Art What You Eat Art Contest

Create and enter today! Deadline is May 20th, 2016.

Visit www.SquareMeals.org/ArtContest for more details.

DID YOU KNOW?:

Basically, a nectarine is just a peach without the fuzz. Now you know!

**COMING IN
MAY:
CHEESE!**



FUN FACT:

In olden times, peaches were known as Persian apples.

EXPLORER'S NOTEBOOK:

How much do Texans love peaches? Currently, there are more than one million peach trees in Texas. Since only half of those are on commercial farms, it means the rest are in the backyards of peach lovers all over the state. There's nothing sweeter than picking your favorite fruit fresh from the tree!



Smart Kids Choose Texas Peaches. They're loaded with vitamin C!

Professor Pit