

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

APRIL

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



MONDAY



Cheese OR Pepperoni
Pizza
Romaine Salad
Steamed Corn
Fruit Juice
Ranch 4

TUESDAY



Chicken Sandwich OR
Hot Dog/Chili
Steamed Carrots
Let/Tom/Pick Cup
Fruit Slush
Mayo/Mustard/Ketch 5

WEDNESDAY

Chicken Nuggets OR
Chicken Fried Steak
Mashed Potatoes
Mixed Vegetables
WW Roll /Cookie
Gravy 6

THURSDAY



Mac & Cheese OR
Corn Dog
Curly Fries
Steamed Broccoli
Fruit Slush
Ketchup 7

FRIDAY

Grilled Cheese OR
Cheeseburger
Let/Tom/Pick Cup
Green Peas
Sun Chips
Fruit Juice 1

Hamburger OR **Spicy**
Chicken Sandwich
Let/Tom/Pick Cup
Baked Beans
Sun Chips
Fruit Juice 8

GOOD EATS AT:

Tioga

Lunch 9-12



Cheese OR Pepperoni
Pizza
Romaine Salad
Corn on Cob
Fruit Juice
Ranch 11

Spaghetti/Meat Sauce
OR Hot Dog /Chili
Green Beans
Romaine Salad
Garlic Breadstick
Fruit Slush
Ranch 12

Chicken Tenders OR
Beef Steak Fingers
Mashed Potatoes
Broccoli & Cheese
WW Roll
Cookie 13

General TSO Chick OR
Corn Dog
Steamed WG Rice
Carrot Baby
Oriental Blend Veg
Fruit Slush/Fortune
Cookie 14

NO SCHOOL

15

DAILY OFFERINGS:

1% Plain, FF Chocolate Milk and Fruit

Cheese OR Pepperoni
Pizza
Romaine Salad
Steamed Broccoli
Fruit Juice
Ranch 18

Beef Ravioli OR
Hot Dog/Chili
Baked Beans
Curly Fries
Fruit Slush
Ketchup 19

Soft Beef Tacos OR
Beef Nachos
Refried Beans
Steamed Corn
Spanish Rice
Fruit Juice
Cookie 20

Crispito/Cheese Sauce
OR Corn Dog
Santa FE Blend
Carrots Baby
Fruit Slush
Ranch 21

Frito Chili Pie OR
Cheeseburger /Sun
Chips
Let/Tom/Pick Cup
Pork & Beans
Fruit Juice
Mayo/Must/Ket 22

Menu Subject to Change

Cheese OR Pepperoni
Pizza
Romaine Salad
Carrots Baby
Fruit Juice
Ranch 25

Beef Burrito OR Hot
Dog/Chili
Refried Beans
Steamed Corn
Spanish Rice
Fruit Slush 26

Chicken Nuggets OR
Beef Steak Fingers
Mashed Potatoes
Green Beans
WW Roll
Cookie
Gravy 27

Meatball Sub OR Corn
Dog
Curly Fries
Steamed Broccoli
Fruit Slush
Ranch/ Ketchup 28

Grilled Cheese OR
Cheeseburger
Let/Tom/Pick Cup
Green Peas
Sun Chips
Fruit Juice 29



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?:

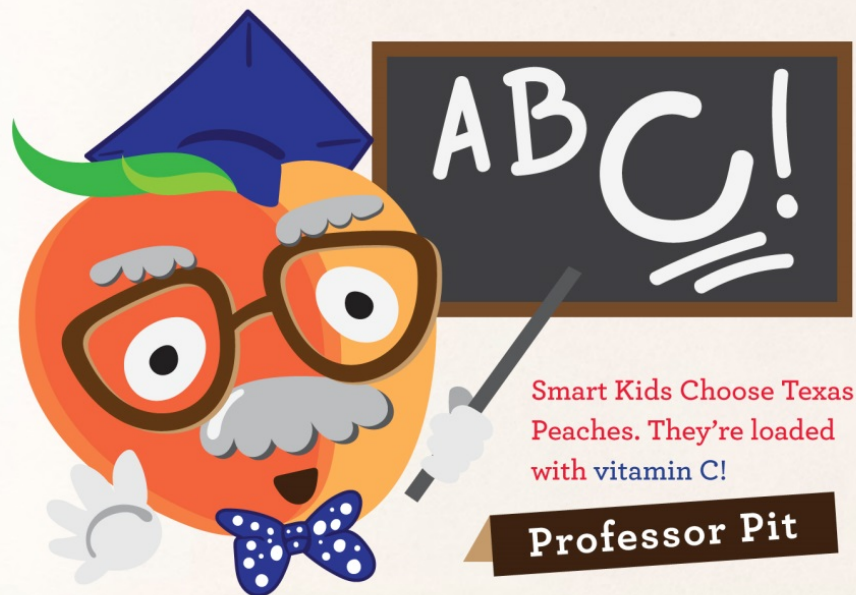
Basically, a nectarine is just a peach without the fuzz. Now you know!

COMING IN MAY: CHEESE!



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