

July 2015

Score BIG

with a **HEALTHY TEXAS MEAL**

Kids, cantaloupes are in season!

The melon's vibrant color shows it is vitamin rich. They have vitamin C, which benefits your immune system. Give this healthy and refreshing treat a try this month.



Monday

Tuesday

Wednesday

Thursday

Friday



Texas Scores Big

Did you know that cantaloupes are also called muskmelons. Fun to say! **GO TEXAN**. Next time you're shopping for cantaloupes look for the **GO TEXAN** mark—it identifies Texas items. Score big points when you go shopping by purchasing Texas products.

PIZZA SLICE
CORN
FRUIT
MILK

6

TACO SALAD

FRUIT

MILK

7

CHICKEN NUGGETS

SWEET POTATO

FRUIT

MILK

8

BEEF RAVIOLI

CARROT STICKS

FRUIT

M

9

GRILLED CHEESE
SANDWICH
PORK & BEANS
FRUIT
MILK

10

PIZZA SLICE
CORN
FRUIT
MILK

13

SPAGHETTI w/MEAT
SAUCE

FRUIT

MILK

14

CHICKEN NUGGETS

SWEET POTATO

FRUIT

MILK

15

SALISBURY STEAK

POTATO ROUNDS

FRUIT

16

HAMBURGER ON W/W
BUN
PORK AND BEANS
FRUIT
MILK

17

PIZZA SLICE
CORN
FRUIT
MILK

20

CORN DOG
POTATO ROUNDS
FRUIT
MILK

21

CHICKEN NUGGETS

SWEET POTATO

FRUIT

MILK

22

CHICKEN FRY STEAK

TATOR TOTS

FRUIT

23

CHICKEN SANDWICH ON
W/W BUN
PORK AND BEANS
FRUIT
MILK

24

PIZZA SLICE
CORN
FRUIT
MILK

27

CRISPIITOS
REFRIED BEANS

FRUIT

MILK

28

CHICKEN NUGGETS

SWEET POTATO

FRUIT

MILK

29

DELI-SUB ON WHOLE
GRAIN BUN
CARROT STICKS
FRUIT
MILK

30

MAC AND CHEESE

FRUIT IN L. S.

MILK

31

Good Eats at

TIOGA ISD

Special Announcements

MENU IS SUBJECT TO CHANGE

**HAVE A HAPPY INDEPENDENCE
DAY
TECDC CLOSED
JULY 2ND THRU JULY 5TH
OPEN JULY 6TH**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

*"Pecos Cantaloupe
Sorbet" Recipe*

3 cups cantaloupe
peeled, seeded, 1 inch pieces
2/3 cup sugar
1/2 cup water



Search for the Pecos Cantaloupe Sorbet recipe here:
www.gotexan.org/ExperienceGOTEXAN/Recipes.
There you will find instructions on how make this refreshing summertime treat.