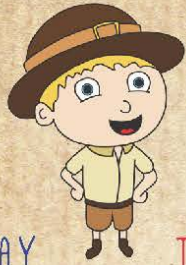


**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**



# MAY

**HAVE A VERY  
DAIRY  
MONTH!**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

French Toast  
Sticks  
OR  
Cereal  
Pop Tart  
Syrup 2

Oatmeal  
Toast  
OR  
Cereal  
Toast  
Jelly 3

Chocolate Muffin  
OR  
Cereal  
Pop Tart 4

Breakfast Pizza  
OR  
Cereal  
Pop Tart 5

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Gravy/Jelly 6

Pancakes  
OR  
Cereal  
Mozz Cheese  
Stick  
Syrup 9

Oatmeal  
Toast  
OR  
Cereal  
Toast  
Jelly 10

Donut  
OR  
Cereal  
Mozz Cheese  
Stick 11

Waffles  
OR  
Cereal  
Pop Tart  
Syrup 12

Biscuit  
Sausage  
OR  
Cereal  
Cheese Stick  
Gravy/Jelly 13

**NO SCHOOL**

Oatmeal  
Toast  
OR  
Cereal  
Toast  
Jelly 17

Chocolate Muffin  
OR  
Cereal  
Pop Tart 18

Breakfast Pizza  
OR  
Cereal  
Pop Tart 19

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Gravy/Jelly 20

Pancakes  
OR  
Cereal  
Pop Tart  
Syrup 23

Oatmeal  
Toast  
OR  
Cereal  
Toast  
Jelly 24

Donut  
OR  
Cereal  
Pop Tart 25

Waffles  
OR  
Cereal  
Pop Tart  
Syrup 26

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Gravy/Jelly 27

**HOLIDAY**

Oatmeal  
Toast  
OR  
Cereal  
Toast  
Jelly 31

**You Art What You Eat Art Contest**  
Create and enter today!  
Deadline is **May 20th, 2016.**  
[www.SquareMeals.org/ArtContest](http://www.SquareMeals.org/ArtContest)



**GOOD EATS AT:**  
Tioga  
Breakfast  
PK-12



**SPECIAL ANNOUNCEMENTS**

**DAILY OFFERINGS:**

- 1% Plain Milk
- FF Chocolate Milk
- Fruit Juice
- Fruit

**MENU SUBJECT TO CHANGE**



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



**IT'S MAY!** Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part of the Great Plate of Texas!

SUBJECT: Cheese

CATEGORY: Dairy

GROWING REGIONS: Throughout Texas

WHERE TO FIND IT: In the supermarket and some farmers' markets.



DISTINGUISHING CHARACTERISTICS:

Cheese is a solid food-product that comes from milk. It has a wide variety of textures and forms, and two popular varieties eaten in Texas are mozzarella and cheddar.

WHAT TO KNOW:

Texas cheese is an excellent source of calcium, and also contains protein, zinc, Vitamins A and B12 making it a smart part of a healthy diet.

JOKE: Q: How do you make a mouse smile?

A: Say cheese!



**FUN FACT:**

It takes about 10 pounds of milk to make one pound of cheese.

**COMING IN JUNE:  
TOMATOES!**



DID YOU KNOW?:

A typical American eats about 23 pounds of cheese each year!



STARTING JUNE 1ST:

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**

No Cost For Kids 18 and Younger



EXPLORER'S NOTEBOOK:

The dairy industry is big in Texas. Texas dairies produce about 1 billion gallons of milk a year! Some of that milk is used to make cheeses, yogurts, butter and many other great-tasting products.

**ONE MOO-MENT,  
PLEASE.**

