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



# MAY

# DAIRY MONTH!



MONDAY

Cheese OR

Pepperoni Pizza

Romaine Salad

Steamed Corn

Ranch

TUESDAY

Chick Sandwich OR
Hot Dog/Chili
Steamed Carrots
Let/Tom/Pick Cup
Mayo/Mustard
Ketchup

WEDNESDAY

Chicken Nuggts OR
Chicken Fried Steak
Mashed Potatoes
Mixed Vegetables
WW Roll
Cookie
Gravy/Ketchup

THURSDAY

Mac & Cheese OR Corn Dog Curly Fries Steamed Broccoli Ketchup/Mustard FRIDAY

Hamburger OR
Spicy Chick Sand
Let/Tom/Pick Cup
Baked Beans
Sun Chips
Mayo/Must/Ketch

GOOD EATS AT:

Tioga Lunch 9-12

Cheese OR Pepperoni Pizza Romaine Salad Corn on Cob Ranch Spaghetti/Meat
Sauce OR Hot
Dog/Chili
Green Beans
Romaine Salad
Garlic Bread Stick
Ranch/Must/Ket

Chicken Tenders OR

Beef Steak Fingers

Mashed Potatoes

Broccoli/Cheese

WW Roll

Cookie

Gravy/Ketchup 1

General TSO Chicken
OR Corn Dog
Steamed WG Rice
Carrots Baby
Oriental Blend Veg
Ranch/Must/Ket
Fortune Cookie1

Hamburger OR Steak Sandwich Let/Tom/Pick Cup Pork & Beans Sun Chips Mayo/Must/Ketchup

**NO SCHOOL** 

Cheese OR Pepperoni Pizza Romaine Salad Broccoli/Cheese Ranch

Beef Burrito OR

Hot Dog/Chili

17

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

18

Crispitos/Cheese OR
Corn Dog
Santa Fe Blend
Carrots Baby
Ranch
Ketchup/Mustard

Frito Chili Pie R Hamburger/Sun Chips Let/Tom/Pick Cup Chili Beans Mayo/Must/Ket

1% Plain Milk FF Chocolate Milk Fruit

M-W-F \*\*\* Fruit Juice T-T\*\*\* Fruit Slush

DAILY OFFERINGS:

Cheese OR Pepperoni Pizza Romaine Salad Steamed Corn Ranch

Refried Beans
Steamed Broccoli
Spanish Rice
Ketchup/Mustard

Chicken Nuggets OR
Beef Steak Fingers
Mashed Potatoes
Green Beans
WW Roll
Cookie
Gravy/Ketchup 75

Meatball Sub OR
Corn Dog
Curly Fries
Carrots Baby
Ranch
Ketchup/Mustard

Hamburger OR
Chicken Sandwich
Let/Tom/Pick Cup
Pork & Beans
Sun Chips
Mayo/Must/Ketchup

HOLIDAY

Cheese OR Pepperoni Pizza Romaine Salad Steamed Corn Ranch

You Art What You Eat Art Contest Create and enter today! Deadline is May 20th, 2016. www.SquareMeals.org/ArtContest





TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

MENU SUBJECT TO CHANGE

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30

16

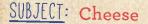
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IT'S MAY! Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part

of the Great Plate of Texas!



CATEGORY: Dairy

GROWING REGIONS: Throughout Texas

WHERE TO FIND IT: In the supermarket

and some farmers' markets.



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.

JUKE: 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.





#### DID YOU KNOW?:

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

### STARTING JUNE 1ST:

## **HEALTHY** SUMMER





#### 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.

