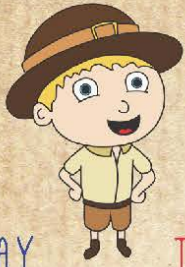


**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**



# MAY

**HAVE A VERY  
DAIRY  
MONTH!**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese OR  
Pepperoni Pizza  
Romaine Salad  
Steamed Cor  
Ranch

2

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

3

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

4

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

5

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

6

Cheese OR  
Pepperoni Pizza  
Romaine Salad  
Corn on Cob  
Ranch

9

Spaghetti/Meat  
Sauce OR Hot Dog  
Green Beans  
Romaine Salad  
Garlic Bread Stick  
Ranch  
Ketchup/Mustard

10

Chicken Tenders OR  
Beef Steak Fingers  
Mashed Potatoes  
Broccoli/Cheese  
WW Roll  
Cookie  
Gravy/Ketchup

11

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

12

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

13

**NO SCHOOL**

16

Cheese OR  
Pepperoni Pizza  
Romaine Salad  
Broccoli/Cheese  
Ranch

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

19

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

20

Cheese OR Pepperoni  
Pizza  
Romaine Salad  
Steamed Corn  
Ranch

23

Beef Burrito OR  
Hot Dog  
Refried Beans  
Steamed Broccoli  
Spanish Rice  
Ketchup/Mustard

24

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

25

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

26

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

27

**HOLIDAY**

30

Cheese OR Pepperoni  
Pizza  
Romaine Salad  
Steamed Corn  
Ranch

31

GOOD EATS AT:

**Tioga  
Lunch  
6-8**



SPECIAL ANNOUNCEMENTS

**DAILY OFFERINGS:**

1% Plain Milk  
FF Chocolate Milk  
Fruit

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

**MENU SUBJECT TO CHANGE**



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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

**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)



**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.**

