

**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 Corn
Ranch

2

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

3

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

4

Mac & Cheese OR
Fun Lunch CornDog
Curly Fries
Steamed Broccoli
Ketchup

5

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

6

Cheese OR
Pepperoni Pizza
Romaine Salad
Corn on Cob
Ranch

9

Spaghetti/Meat
Sauce OR Fun Lunch
Hot Dog
Green Beans
Romaine Salad
Garlic Bread Stick
Ranch

10

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

11

General TSO Chicken
OR Fun Lunch Corn
Dog
Steamed WG Rice
Carrots Baby
Oriental Blend Veg
Ranch

12

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

13

NO SCHOOL

Cheese OR
Pepperoni Pizza
Romaine Salad
Broccoli/Cheese
Ranch

16

17

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

18

Crispitos/Cheese OR
Fun Lunch Corn Dog
Santa Fe Blend
Carrots Baby
Ranch

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 Fun
Lunch Hot Dog
Refried Beans
Steamed Broccoli
Spanish Rice

24

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

25

Meatball Sub OR Fun
Lunch Corn Dog
Curly Fries
Carrots Baby
Ketchup
Ranch

26

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

27

HOLIDAY

Cheese OR Pepperoni
Pizza
Romaine Salad
Steamed Corn
Ranch

30

31

GOOD EATS AT:

**Tioga
Lunch
PK-5**



SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS:

1% Plain, FF Chocolate Milk and Fruit

Tuesday: Fun Lunch Sack- Hot Dog
Fresh Broccoli Bites, Fresh Cucumbers
Slices, Fruit Slush, Ranch, Ketchup
and Mustard

Thursday: Fun Lunch Sack –Corn Dog,
Sun Chips, Fresh Carrots Baby, Fresh
Celery Sticks, Fruit Slush, Ranch,
Ketchup and Mustard

M-W-F ** Fruit Juice**

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



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.**

