JOIN
LOGAN & MIA
ASS MEET DISCOVERE
THE GREAT PLATE
OF TEXAS
MITH HEALTHY
SCHOOL MEALS:



MAY

DAIRY MONTH!



MONDAY

Chick Sandwich OR

WEDNESDAY

Chicken Nuggts OR

Chicken Fried Steak

Mashed Potatoes

Mixed Vegetables

WW Roll

THURSDAY

Mac & Cheese OR

Fun Lunch CornDog

Curly Fries

Steamed Broccoli

Ketchup

FRIDAY

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

Sun Chips
Mayo/Must/Ketchu

Pepperoni Pizza Romaine Salad Steamed Corn Ranch

Cheese OR

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

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Cookie Gravy/Ketchup Chicken Tenders OR Beef Steak Fingers

> Mashed Potatoes Broccoli/Cheese WW Roll Cookie Gravy/Ketchup 1

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

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

Pepperoni Pizza Romaine Salad Corn on Cob Ranch

Cheese OR

Hot Dog Green Beans Romaine Salad Garlic Bread Stick Ranch 1

Spaghetti/Meat

Sauce OR Fun Lunch

NO SCHOOL

Cheese OR Pepperoni

Pizza

Romaine Salad

Steamed Corn

Ranch

Cheese OR Pepperoni Pizza Romaine Salad Broccoli/Cheese Ranch

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Soft Beef Tacos OR

Beef Nachos
Refried Beans
Steamed Corn
Spanish Rice
Cookie
Salsa

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

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Chips
Let/Tom/Pick Cup
Chili Beans
Mayo/Must/Ket

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

Beef Burrito OR Fun Lunch Hot Dog Refried Beans Steamed Broccoli Spanish Rice

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

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

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SPECIAL ANNOUNCEMENTS

Lunch

DAILY OFFERINGS:

1% Plain, FF Chocolate Milk and Fruit
Tuesday: Fun Lunch Sack- Hot Dog
Fresh Broccoli Bites, Fresh Cucumbel
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

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

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

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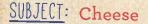
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IT'S MAY! Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part

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.

