JOIN LOGAN & MIA THE GREAT PLATE OF TEXAS WITH HEALTHY





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast- Cheese toast Lunch-Turkey, cheese, croissant, fixins, sweet potato tots, fruit, milk

Breakfast- Biscuit, gravy Lunch- Hot Dog, chips, carrots, pears, milk,

Breakfast- Ham cheese croissant Lunch- Spaghetti, garlic toast, corn, milk

Breakfast- Scrambled eggs, toast Lunch- Chicken fajita, lettuce, cheese, refried, beans, fruit, milk

Breakfast- Pancake on a stick Lunch- Tiger Chicken, fixins, fries, fruit

Tenaha ISD **Elementary & Junior High**

GOOD EATS AT:

Congratulations to the Class Of 2016!!!!

Don't forget to join us this Summer for

In accordance with Federal civil rights law and U.S. Department of

Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at(800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program

Breakfast and Lunch Monday through

Thursday, starting May 23-June 30.

Discrimination Complaint Form. (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:(1) mail: U.S. Department of AgricultureOffice of

Breakfast- Sausage Biscuit Lunch- Hot ham & cheese, pickle spears, broccoli, chips, milk

Breakfast- Omelet Lunch-Stuffed crust Pizza, salad, corn, fruit, milk

Breakfast- Ham cheese croissant Lunch- Baked Potato, cheese, ham, bread stick, broccoli, fruit, milk Breakfast- Cheese toast Lunch- Chicken Strips, potatoes, green beans, fruit, milk

Breakfast- French toast sticks, Lunch-Tiger Burger, fixins, fries, fruit

Breakfast- Pancake

Breakfast-Chicken, **Biscuit** Lunch- Mini corndogs, broccoli, carrots, fruit, milk

Breakfast- Pizza, Lunch-Chicken Taco, lettuce, cheese, beans, fruit

Breakfast- Ham Cheese croissant Lunch- Grilled Cheese, soup, salad, fruit, milk

Breakfast- Biscuit, gravy Lunch- Chicken fried steak. Potatoes, gravy, green beans, fruit, milk

on a stick Lunch- Bag Lunch

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

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the Assistant Secretary for Civil Rights1400 Independence Avenue, SWWashington, D.C. 20250-9410;(2) fax: (202) 690-7442; or(3)

email: program.intake@usda.gov.This institution is an equa

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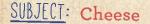
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IT'S MAY! Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part

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!



HEALTHY SUMMER



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.







cow to turn grass into milk.