

**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

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

2

Breakfast- Biscuit, gravy
Lunch- Hot Dog, chips, carrots, pears, milk, chili, cheese
Option- Chic sand.

3

Breakfast- Ham cheese croissant
Lunch- Spaghetti, salad, garlic toast, corn, milk jello
Option-Pizza

4

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

5

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

6

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

9

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

10

Breakfast- Ham cheese croissant
Lunch- Baked Potato, cheese, ham, bread stick, broccoli, fruit, milk, pudding
Option-Pizza

11

Breakfast- Cheese toast
Lunch- Chicken Strips, potatoes, green beans, fruit, milk, bread
Option- Chicken Sand

12

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

13

Breakfast- Chicken, Biscuit
Lunch- Mini corndogs, broccoli, carrots, fruit, milk, pudding
Option-Burger

16

Breakfast- Pizza,
Lunch-Chicken Taco, lettuce, cheese, beans, fruit, rice
Option- Gordita

17

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

18

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

19

Breakfast- Pancake on a stick
Lunch- Bag Lunch

20

23

24

25

26

27

30

31

GOOD EATS AT:

Tenaha ISD
High School

SPECIAL ANNOUNCEMENTS

Congratulations to the Class Of 2016!!!!

Don't forget to join us this Summer for Breakfast and Lunch Monday through Thursday, starting May 23-June 30.

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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.



It takes 60 hours for a Texas cow to turn grass into milk.