JOIN LOGAN & MIA THE GREAT PLATE OF TEXAS WITH HEALTHY

budding

Option-Burger





MONDAY

Breakfast- Cheese toast

Lunch- Turkey, cheese,

roissant, fixins, sweet

potato tots, fruit, milk,

TUESDAY

Breakfast- Biscuit,

Lunch- Hot Dog,

chips, carrots, pears,

milk, chili, cheese

Option- Chic sand.

gravy

WEDNESDAY

Breakfast- Ham

cheese croissant

Lunch-Spaghetti,

salad, garlic toast,

corn, milk jello

Option-Pizza

THURSDAY

Breakfast- Scrambled

Lunch- Chicken fajita,

refried, beans, fruit,

lettuce, cheese,

Option-Gordita

eggs, toast

milk, rice

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

fries, fruit

FRIDAY

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

Option-Corndog

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

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

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

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

Breakfast- Pancake on a stick Lunch- Bag Lunch

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

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

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

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



Congratulations to the Class Of 2016!!!!

GOOD EATS AT:

Tenaha ISD

High School

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

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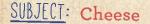
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IT'S MAY! Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part

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.