

MAY 2018

MON TUE WED THUR FRI

Good Eats at:

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

Special Announcements

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

STARTING JUNE 1
For A Meal Near You
Call 211 or Text
FOODIE to 877-877

+200
+100
+50

<p>'YOU ART WHAT YOU EAT' ART CONTEST CREATE & ENTER! ENDS MAY 15! squaremeals.org/artcontest</p>	<p>Nachos Grande Refried Beans Salsa Lettuce/Tomato Or Taco Soup Cornbread Or Tuna Salad Tiny Tomato Cucumber Slices Peaches Lime Sherbet Cup 1</p>	<p>Chicken Sandwich Oven Fries Or X-Treme Burrito Salsa Seasoned Corn Or Tuna Salad Fresh Veggie Cup Mandarin Oranges 2</p>	<p>Asian Bowl Eggroll Or Salisbury Steak Biscuit Brown Gravy Roasted Potatoes Or Tuna Salad Garden Salad Fruity Gelatin 3</p>	<p>Pizza Choice Or Ham & Cheese Melt Multigrain Chips Or Tuna Salad Baby Carrots Crunchy Broccoli Salad Fresh Seasonal Fruit Brownie 4</p>
<p>Country Fried Steak Gravy Or Meatloaf Or Chef Salad Mashed Potatoes Okra Roll 7</p>	<p>Meat & Cheese Chalupa Or Enchiladas Or Chef Salad Salsa Zesty Cucumbers Refried Beans Lettuce & Tomato Garnish Hot Apple Cinnamon 8</p>	<p>Chicken Tenders Texas Toast Gravy Or HB/ Cheeseburger Or Chef Salad HB Garnish Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat 9</p>	<p>Chicken Spaghetti Breadstick Or Pizza Or Chef Salad Garden Salad Carrots Apple Slices 10</p>	<p>Fish Sticks Mac & Cheese Or BBQ on a Bun Or Chef Salad Coleslaw Savory Green Beans Orange Smiles 11</p>
<p>Texas Basket (Steak Fingers, Fries) Or HB or Cheeseburger HB Garnish Oven Fries Or Chef Salad Fresh Veggie Cup Mixed Fruit 14</p>	<p>Tex-Mex Stack Or Chicken Fajitas Or Chef Salad Charro Beans Tiny Tomato Cup Salsa Lettuce/Tomato Hot Cinnamon Applesauce 15</p>	<p>Chicken Alfredo Breadstick Or Calzone Or Chef Salad Tuscan Vegetables Garden Salad Peaches Cookie 16</p>	<p>Grilled Cheese Sandwich Multi-Grain Chips Or Country Pot Pie Or Chef Salad Broccoli Bites Fresh Veggie Cup Snowball Salad 17</p>	<p>Chicken Bowl Roll Or Roast Beef Sandwich Mashed Potatoes Brown Gravy Or Chef Salad Savory Green Beans Apple Slices 18</p>
<p>Meatball Sub Sandwich Potato Rounds Fresh Veggie Cup Mixed Fruit 21</p>	<p>HB/Cheeseburger Hamburger Garnish Cucumber Slices Baby Carrots Cinnamon Applesauce Cookie 22</p>	<p>Sack Lunch 23</p>	<p>EARLY RELEASE 24</p>	<p>SCHOOLS OUT FOR SUMMER 25</p>
<p>HAVE 28</p>	<p>A 29</p>	<p>SAFE 30</p>	<p>SUMMER 31</p>	

Fun facts on back!

MAY 2018

MON TUE WED THUR FRI

Good Eats at:

NEW HOME ISD.
BREAKFAST MENU

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

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+100
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	Breakfast Burrito Hash Browns Or PBJ Fruit Juice Fruit Milk Variety 1	Biscuit, scrambled Egg, Bacon Or Cereal Variety Fruit Juice Fruit Milk Variety 2	Sausage Kolache/Yogurt Or Breakfast Crackers/Cheese Stick Fruit Juice Fruit Milk Varietv 3	EGG & CHEESE SANDWICH or Breakfast Round Fruit Juice Fruit Milk Varietv 4
Waffles/Bacon Or Cereal/Toast Fruit Juice Fruit Milk Variety 7	Cinnamon Rolls Sausage Or Muffin/Yogurt Fruit Juice Fruit Milk Variety 8	Breakfast Pizza Or Breakfast Parfait Fruit Juice Fruit Milk Variety 9	Sausage, Egg, & Cheese Sandwich Or Breakfast Crackers/Cheese Stick Fruit Juice Fruit Milk Variety 10	Biscuit, Gravy Scrambled Eggs or Breakfast Round Fruit Juice Fruit Milk Varietv 11
Sausage Biscuit Or Muffin/Yogurt Fruit Juice Fruit Milk Variety 14	Breakfast Combo Hash Browns Or Cereal Bar Fruit Juice Fruit Milk Varietv 15	Chicken –n-Waffles Or Breakfast Parfait Fruit Juice Fruit Milk Variety 16	Pancakes/Sausage Or PBJ Fruit Juice Fruit Milk Variety 17	Dutch Waffle Bacon Or Cereal Variety Toast Fruit Juice Fruit Milk Variety 18
Chicken –n-Biscuit Or PBJ Fresh Fruit Fruit Juice Milk Variety 21	Biscuit, Gravy, Scrambled Egg Bacon Or Breakfast Parfait Fresh Fruit Fruit Juice Milk Varietv 22	Pancake Wrap Yogurt Or Cereal Variety Fresh Fruit Fruit Juice Milk Variety 23	Cinnamon Roll Or PBJ Fresh Fruit Fruit Juice Milk Variety 24	SCHOOL IS OUT FOR SUMMER 25
HAVE 28	A 29	SAFE AND FUN 30	SUMMER 31	


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fun facts on back!



BLUEBERRIES

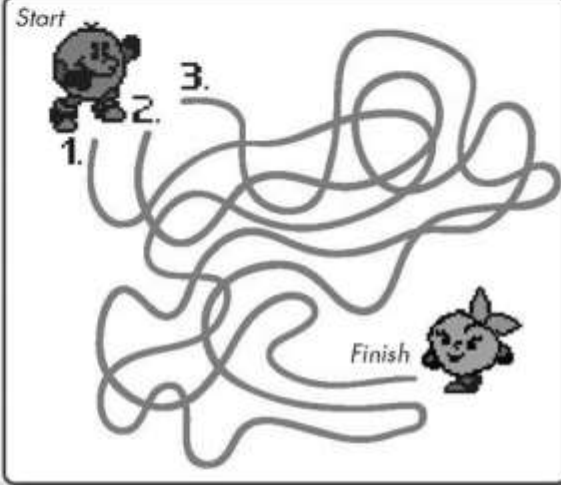
Bobby Blueberry here. Plump, juicy and sweet, my brothers and I grow together on bushes in small clusters or groups. Each one of us is about the size of a marble and round in shape. We are pale greenish at first, then turn reddish-blue, and then dark blue when ready to eat. We mostly bloom any time between May and August. We're super easy to eat because you have to wash us but you don't need to peel us or remove a pit (a large seed in the center).



The Sweet LIFE

The darker our color, the sweeter we taste, so we go great in muffins, pies and other desserts. You may even find us on your breakfast cereal or in pancakes.

MAZE

 Help Bobby Blueberry meet up with Polly Peach in June.

Launch PAD

 BLUEBERRY GROWING REGION

East Texas



Blueberry MUFFINS



INGREDIENTS

½ cup vegetable oil • 1 cup sugar • 2 eggs • ½ cup milk, low-fat • 1 teaspoon vanilla • 2 cups flour • 2 teaspoons baking powder • ½ teaspoon salt • 2 cups blueberries (fresh or frozen)

PREPARATION

1. Preheat the oven to 375 degrees. **2.** Grease the muffin pans. **3.** In a large mixing bowl, stir the oil and sugar until creamy. **4.** Add eggs, milk and vanilla. Mix until blended. **5.** In a medium mixing bowl, stir together the flour, baking powder, and salt. **6.** Add the flour mix to the oil and sugar in the large bowl. Stir together. **7.** Stir the blueberries into the batter. **8.** Fill each muffin cup 2/3 full with batter. **9.** Bake for 25 to 30 minutes.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q: What do you call blueberries playing the guitar?

A: A jam session.

FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.