

MAY 2018

MON

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THUR

FRI

Good Eats at:
**HENDERSON
ISD**

**'YOU ART
WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MARCH 18!
squaremeals.org/artcontest**

Special Announcements

Summer Feeding:

FAIR PARK

Mon- Thurs 11:15-11:45 am

June 4-July 2

HENDERSON MIDDLE SCHOOL

Mon- Thurs

Breakfast: 7:30-8:00 am

Lunch: 11:30 am-12:00 pm

June 4- June 28



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



PANCAKES WITH EGGS OR SAUSAGE
HASHBROWNS
BABY CARROTS W/ DIP
APPLE SLICES
MILK

1

BEEF OR CHICKEN CHEESY NACHOS
REFRIED BEANS
GARDEN SALAD
FRESH STRAWBERRIES
MILK

2

OVEN FRIED CHICKEN OR CHICKEN NUGGETS
MASHED POTATOES
STEAMED CORN
ROSY APPLESAUCE
HOMEMADE ROLL
MILK

3

CHEESEBURGER
POTATO SMILES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

4

PEPPERONI PIZZA OR CHEESE STICKS
MARINARA SAUCE
COOKED CARROTS
GREEN BEANS
RIPS
MILK

7

BEEF OR CHICKEN CRUNCHY TACOS
REFRIED BEANS
STEAMED CORN
LETTUCE/TOMATO
APPLE SLICES
MILK

8

CORNDOG OR BBQ SANDWICH
CURLY FRIES
PINTO BEANS
FRESH STRAWBERRIES
MILK

9

POPCORN CHICKEN
MASHED POTATOES
CHEESY BROCCOLI
BANANA
HOMEMADE ROLL
MILK

10

CHEESEBURGER
POTATO SMILES
BURGER SALAD
BABY CARROTS W/ DIP
RAISELS
MILK

11

BEEF TACO SNACK OR HOTDOG
STEAMED CORN
GREEN BEANS
ASSORTED FRUIT
MILK

14

BEEF OR CHICKEN CHEESY NACHOS
FRESH SALSA
PINTO BEANS
APPLE SLICES
SPANISH RICE
MILK

15

CHICKEN NUGGETS
MASHED POTATOES
CHEESY BROCCOLI
FRESH STRAWBERRIES
HOMEMADE ROLL
MILK

16

CHICKEN SANDWICH OR BBQ SANDWICH
CURLY FRIES
BABY CARROTS W/ DIP
BANANAS
MILK

17

CHEESEBURGER
TATER TOTS
BURGER SALAD
BAKED BEANS
RAISELS
MILK

18

CHEESEBURGER
CURLY FRIES
BURGER SALAD
WATERMELON CUPS
MILK

21

CHICKEN SMACKERS
MASHED POTATOES
GREEN BEANS
BANANAS
HOMEMADE ROLL
MILK

22

CORNDOG
POTATO SMILES
BAKED BEANS
RAISELS
MILK

23

24

25

Have a Great Summer Vacation!!

28

29

30

31

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

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

+200

+100

+50

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.

LAUNCH PAD

BLUEBERRY GROWING REGION



East Texas

Joke of the MONTH

Q: What do you call blueberries playing the guitar?

A: A jam session.

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

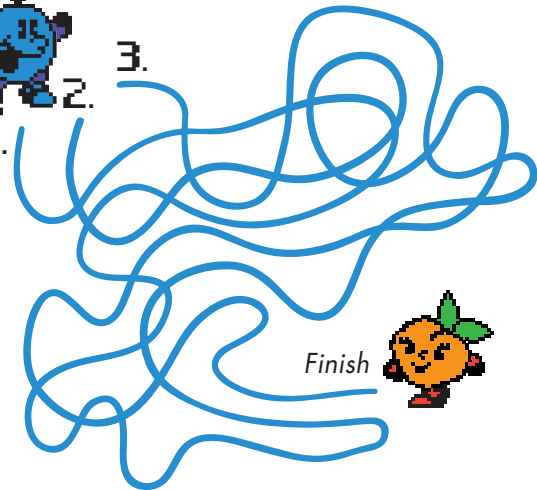
1. Preheat the oven to 375 degrees. **2.** Grease the muffin pans. **3.** In a large mixing bowl, stir the oil and sugar until creamy. **4.** Add eggs, milk and vanilla. Mix until blended. **5.** In a medium mixing bowl, stir together the flour, baking powder, and salt. **6.** Add the flour mix to the 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

MAZE

Help Bobby Blueberry meet up with Polly Peach in June.

Start



Finish



FUN FACT

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