

# APRIL

2019



**GOOD EATS AT**

ZAVALLA I.S.D.

**SPECIAL ANNOUNCEMENTS**

WEEK 1 & 3 QUICK PICKS  
 Chicken Nugget Basket  
 Tuna Salad sandwich  
 W/chips  
 Yogurt Parfait Tray  
 WEEK 2 & 4 Quick Picks  
 Steak Finger Basket  
 Chef Salad  
 PB&J Plate

I'm the **BOUNDLESS BERRY**

**HEALTHY SUMMER MEALS FOR KIDS**  
 No Cost For Kids 5 and Younger

M	T	W	TH	F
Crispito w/cheese sauce Refried Beans Spanish Rice Side salad Fruit 1	Spaghetti Garlic Bread Veggie Cup Side Salad Fruit 2	Pizza Slice Corn Carrot Sticks w/ranch Side Salad Fruit 3	Chicken Strips Loaded Mashed Potatoes Green Beans Side Salad Fruit 4	Chili Cheese Fries Carrots & Peas Side salad Fruit 5
Beef Nacho Refried Beans Rice Side Salad Fruit 8	Chicken Sandwich Veggie Cup Side Salad Fruit 9	Hot Dog Corn Chips Corn Side Salad Fruit 10	Chicken Fried Steak Mashed Potatoes Broccoli Side Salad Fruit 11	Cheese Sticks Veggie Cup Side Salad Fruit 12
Hamburger French Fries Celery Sticks Side Salad Fruit 15	Chicken Nuggets Loaded Mashed Potato Side Salad Carrots Fruit 16	Pizza 17	EARLY RELEASE SANDWICH TRAYS ONLY 18	NO SCHOOL 19
Beef Enchilada Refried Beans Rice Side Salad fruit 22	Frito Pie Veggie Cup Side Salad Fruit 23	Chicken Spaghetti Green Beans Garlic Bread Side Salad Fruit 24	Red Beans and sausage Rice Squash Side Salad Fruit 25	Cheese Burger French Fries Veggie Cup Side salad Fruit 26
Crispito w/cheese sauce Refried Beans Rice Side salad Fruit 29	Chicken & Dumplings Corn Bread Side Salad Fruit 30	ART CONTEST ENDS "You ART What You Eat" Art Contest ENDS APRIL 12 <sup>TH</sup> SquareMeals.org/artcontest		

# BOUNDLESS BERRY

Strawberry



During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips of her hair were also able to spin so fast allowing her to fly. At that moment, she became The Boundless Berry. She wanted all of the kids of the world to have access to delicious healthy strawberries so she flew around the world planting strawberries at every location she could, giving children access to vitamin C and fiber to help boost their immune systems and grow strong.

## FUN FACT

Strawberry is the most popular berry in the United States.

## BOUNDLESS BERRY'S FAVORITE ACTIVITIES

Fishing, Canoeing and Running



**POW!**

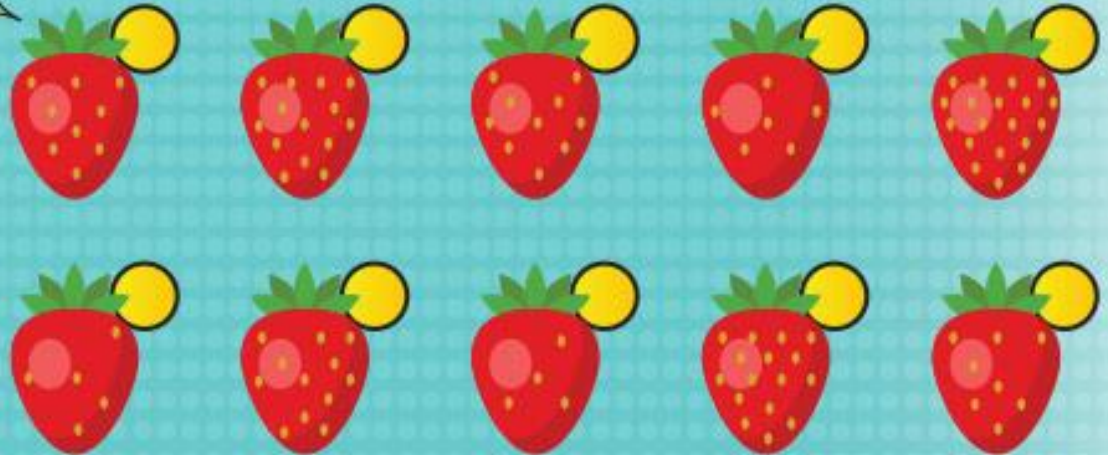
## ARCH ENEMY

Strawberry Flavored Candy



## COUNT 'EM!

Identify the correct number of seeds on each strawberry.



## JOKE OF THE MONTH

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Sources: Texas A&M and Agrilife Extension