



JUNE

2019

Call me
**INDIGO
THORN**

**GOOD
EATS AT**

**MONAHANS-WICKETT-
PYOTE ISD**

**SUMMER FOOD
PROGRAM**

**SPECIAL
ANNOUNCEMENTS**

Breakfast served from
7:00 am – 7:45 am
@ Walker JH
800 S. Faye
Monahans, TX 79756

Menus subject to change

M	T	W	TH	F
Muffin 100% fruit juice Cereal Milk variety 3	Breakfast burrito 100% fruit juice Cereal Milk variety 4	French toast sticks 100% fruit juice Cereal Milk variety 5	Pancakes Sausage 100% fruit juice Cereal Milk variety 6	Cinnamon roll 100% fruit juice Cereal Milk variety 7
Pancake on a stick 100% fruit juice Cereal Milk variety 10	Waffles 100% fruit juice Cereal Milk variety 11	Scrambled eggs Bacon Toast 100% fruit juice Cereal Milk variety 12	Morning sausage roll 100% fruit juice Cereal Milk variety 13	Breakfast pizza 100% fruit juice Cereal Milk variety 14
Pancakes Bacon 100% fruit juice Cereal Milk variety 17	Peanut butter & jelly sandwich 100% fruit juice Cereal Milk variety 18	Sausage biscuit 100% fruit juice Cereal Milk variety 19	Cheese omelet Toast 100% fruit juice Cereal Milk variety 20	Muffin 100% fruit juice Cereal Milk variety 21
Cinnamon toast 100% fruit juice Cereal Milk variety 24	Pancake on a stick 100% fruit juice Cereal Milk variety 25	Breakfast burrito 100% fruit juice Cereal Milk variety 26	Pop tart 100% fruit juice Cereal Milk variety 27	28



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

Indigo Thorn grew along a broken electric fence. It caused her to receive a continuous low-voltage charge for months. The shock gave Indigo Thorn the power to fly and arms that could shoot out fiber for good health and antioxidants to attack diseases. She soon realized she could spread the benefits of blackberries to everyone, especially children. Now she flies to children who need more fiber to help them feel full and maintain a healthy weight.

INDIGO THORN Blackberry



**INDIGO THORN'S
FAVORITE
ACTIVITIES**
Gardening and
Swimming

POW!

ARCH ENEMY
Television

FUN FACTS

A good test for ripeness is how easy the berry pulls from the cane. A truly ripe berry will slip off the stem with a gentle pull.

JOKE OF THE MONTH

Q: What do you call Blackberries playing the guitar?
A: A jam session.

BAKED BERRY OATMEAL

Ingredients:

- 2 cups Old fashioned rolled oats
- 1 tsp. Baking powder
- 1 tsp. Cinnamon
- ¼ tsp. Salt
- 2 Eggs
- ½ cup Brown sugar
- 1½ tsp. Vanilla
- 2 cups Nonfat or 1% milk
- 4 tsp. Butter or margarine, melted
- 2 cups Cane berries, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup Walnuts, chopped (optional)

Directions:

1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

Sources: Texas A&M and Agrilife Extension



FINISH THE PATTERN

Color in the white blackberry on each row to properly complete each pattern.

