

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

Steak Fingers
OR Pork Chop
Gravy & Potatoes
Carrot Coins
Roll
Fruit & Milk

7

Breaded
Drumstick OR
Pizza
Carrots, Corn
Grapes
Cookie & Milk

14

Corn Dog OR
Roasted
Chicken
Tots, Roll,
Broccoli Bites
Baked Beans
Fruit & Milk

21

28

Meatball Sub OR
Chili Cheese Tots
Veggie Cup
Mixed Fruit
Milk

1

Spaghetti Bowl
OR French
Bread Pizza
Salad
California Blend
Fruit Cup
Pudding & Milk

8

Crispy Tacos
OR
Frito Pie
Veggie Cup
Beans, Salsa
Fruit & Milk

15

Nachos Grande
Beans
Salsa
Tomato Cup
Cucumbers
Peaches
Sherbet & Milk

22

29

Chicken
Nuggets
Mac-n-Cheese
Green Beans
Salad
Apples & Milk

2

Boneless
Wings OR Chili
Celery, Carrots
Orange Smiles
Brownie
Milk

9

Lasagna OR
Chicken
Nuggets
Potatoes, Salad
Veggies, Roll
Pears & Milk

16

Chicken
Sandwich OR
Burrito
Fries, Corn,
Veggie Cup
Mandarins
Milk

23

30

Pizza Choice
Corn
Tomato Cup
Fruity Gelatin
Milk

3

Mexican Combo
OR Chicken
Quesadilla
Corn, Beans
Salsa & Garnish
Peaches & Milk

10

Pulled Pork OR
Chicken
Parmesan
Breadstick
Salad
Green Beans
Fruit & Milk

17

Pizza Choice
OR
Ham & Cheese
Carrots
Broccoli Salad
Fruit; Brownie
Milk

24

31

HB OR
Frito Pie
Cucumbers
Carrots
Applesauce
Cookie & Milk

4

Popcorn
Chicken OR
Sloppy Joe
Broccoli Bites
Oven Fries
Fresh Fruit
Milk

11

Hot Dog
Fries
Baby Carrots
Orange Smiles
Milk

18

25

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

STARTING JUNE 1
For A Meal Near You
Call 211
or
Text
FOOD123 to 877-671

+200
+100
+50

Fun facts
on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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).



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.

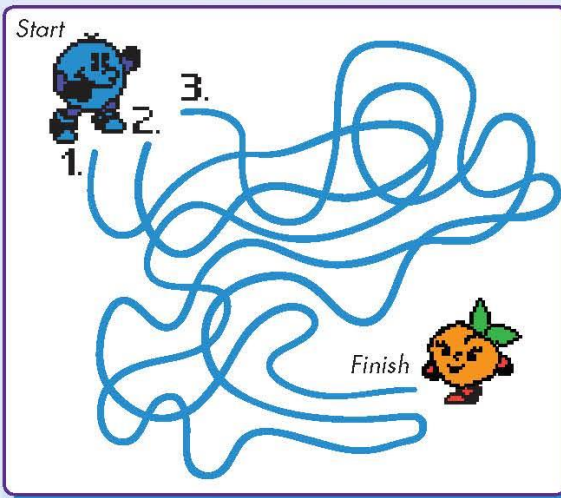
Recipes courtesy of: www.whatscooking.fns.usda.gov

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.



FUN FACT

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