

APRIL

2019

GOOD EATS AT

HS BREAKFAST MENU

SPECIAL ANNOUNCEMENTS

qOz

I'm the **BOUNDLESS BERRY**

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

M	T	W	TH	F
1 Ham Omelet ½ slc WW Toast ½ c Berry Blend 6 oz Milk 1	.05 oz Pancake ½ c Kiwi 6 oz Milk 2	½ c Cheerios ½ Banana 6 oz Milk 3	½ Chicken & Biscuit Sandwich ½ c Mandarin Oranges 6 oz Milk 4	½ slc Cinnamon Bread ½ c Strawberries 6 oz Milk 5
1 Biscuit & Gravy* ½ c Mangos 6 oz Milk 8	½ Egg & Cheese Burrito* ½ c Banana Slices 6 oz Milk 9	1 slc Breakfast Pizza* ½ c Cantaloupe 6 oz Milk 10	2 French Toast Strips* ½ Diced Strawberries 6 oz Milk 11	½ Sausage Breakfast Sandwich* ½ c Peaches 6 oz Milk 12
.05 oz Bagel 1 Tbsp Cream Cheese ½ Fresh Orange Wedges 6 oz Milk 15	½ slc WW Toast 1 Tbsp Grape Jelly ½ c Honeydew 6 oz Milk 16	1 Breakfast Corndog ½ Banana 6 oz Milk 17	1 Breakfast Taco* ½ c Strawberries 6 oz Milk 18	1 oz Apple Muffin ½ c Watermelon Cubes 6 oz Milk 19
½ slc Cheese Toast* ½ c Kiwi 6 oz Milk 22	1 oz Biscuit 1 oz Turkey Sausage ½ c Watermelon Cubes 6 oz Milk 23	¾ c Brown Sugar Oatmeal* ½ c Apricots 6 oz Milk 24	1 oz Blueberry Muffin ½ c Applesauce 6 oz Milk 25	.05 oz Waffle ½ c Mandarin Oranges 6 oz Milk 26
1 oz Turkey Patty ½c Honeydew 6 oz Milk 29	30	<p>ART CONTEST ENDS</p> <p>"You ART What You Eat" Art Contest ENDS APRIL 12TH SquareMeals.org/artcontest</p>		



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

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

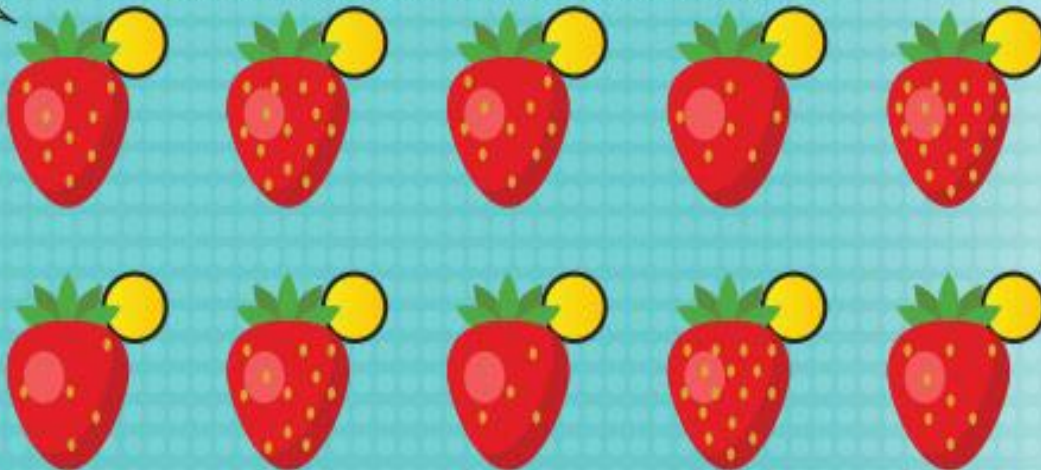
Strawberry Flavored Candy



1/2 c Kix Cereal
1/2 c Peaches
6 oz Milk

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