

APRIL

2019



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GOOD EATS AT

HS SNACK MENU

SPECIAL ANNOUNCEMENTS

I'm the **BOUNDLESS BERRY**

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

M	T	W	TH	F
<p>½ Soft Pretzel Rod 4 oz Milk</p> <p>1</p>	<p>.05 oz Original Sunchips ½ Salsa</p> <p>2</p>	<p>1 Tbsp Peanut Butter ½ c Fresh Apple Slices</p> <p>3</p>	<p>4 Wheat Crackers 1 slc. Ham</p> <p>4</p>	<p>2 Graham Crackers ½ c Vanilla Greek Yogurt</p> <p>5</p>
<p>½ c Applesauce ¼ c Gold Fish Crackers</p> <p>8</p>	<p>1 pk Teddy Grahams ½ c Pears</p> <p>9</p>	<p>1 Boiled Eggs 4 Wheat Crackers</p> <p>10</p>	<p>.05 Whole Grain Muffin ½ c Apricots</p> <p>11</p>	<p>1 oz Granola ½ c Vanilla Greek Yogurt</p> <p>12</p>
<p>1 slc Ham 4 Wheat Thins</p> <p>15</p>	<p>½ Soft Pretzel Rod 1 Wild Watermelon Applesauce Cup</p> <p>16</p>	<p>1 String Cheese ½ Diced Peaches</p> <p>17</p>	<p>½ c Vanilla Greek Yogurt ½ c Chex Cereal</p> <p>18</p>	<p>½ c Sliced Cucumber w/ Ranch ½ oz (6) Cheese Cubes</p> <p>19</p>
<p>¼ c Cheese-Its ¼ c Raisins</p> <p>22</p>	<p>½ Banana 1 Tbsp Peanut Butter</p> <p>23</p>	<p>¼ c Gold Fish 4 oz Milk</p> <p>24</p>	<p>½ c Diced Pineapple ½ c Vanilla Greek Yogurt</p> <p>25</p>	<p>1 Bag Corn Chips ½ c Salsa</p> <p>26</p>
<p>4 Wheat Crackers ½ oz Cheese</p> <p>29</p>	<p>1 Tbsp Peanut Butter 2 Graham Crackers</p> <p>30</p>	<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



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BOUNDLESS BERRY

Strawberry



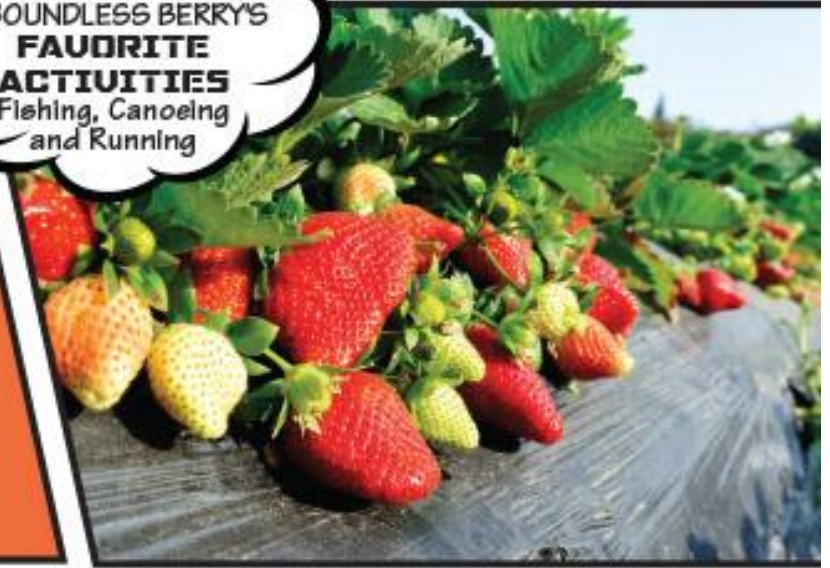
During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips 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!

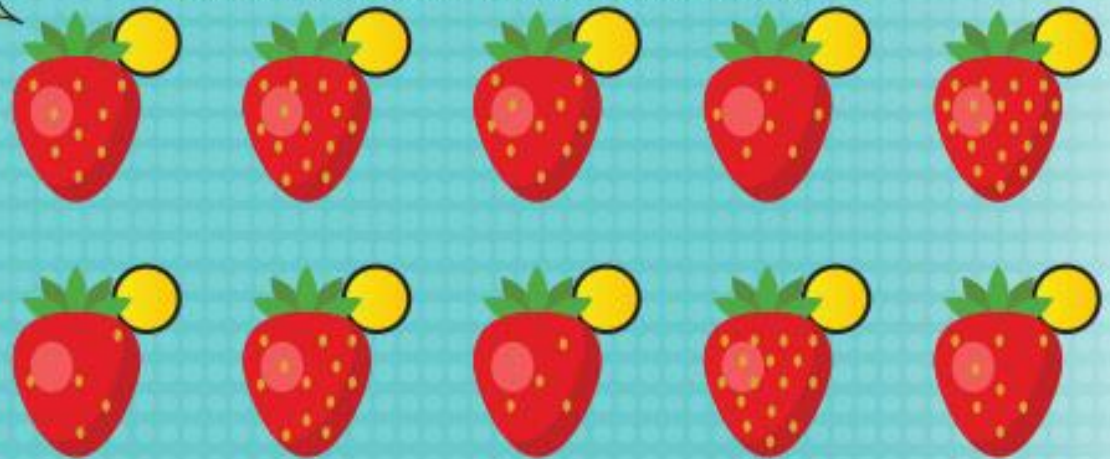
ARCH ENEMY

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