



# JUNE

2019

Call me  
**INDIGO  
THORN**

**GOOD  
EATS AT**

## EHS BREAKFAST MENU

**SPECIAL  
ANNOUNCEMENTS**

**M**

1 Ham Omelet  
½ Slc WW Toast  
¼ c Berry Blend  
4 oz Milk  
3

**T**

4" (.05 oz) Pancake  
¼ c Watermelon  
4 oz Milk  
4

**W**

½ c Cheerios  
¼ Banana (1/4 c)  
4 oz Milk  
5

**TH**

½ Chicken & Biscuit  
Sandwich  
¼ c Mandarin  
Oranges  
4 oz Milk  
6

**F**

½ Slc Cinnamon  
Toast  
¼ c Watermelon  
4 oz Milk  
7

1 Biscuit & Gravy  
¼ c Mangos  
4 oz Milk  
10

½ Egg & Cheese  
Burrito  
¼ c Banana Slices  
4 oz Milk  
11

½ slc Toasted  
Cheese Bread  
¼ c Cantaloupe  
4 oz Milk  
12

.05 oz Bagel  
1 Tbsp Grape Jam  
¼ c Strawberries  
4 oz Milk  
13

¼ Sausage  
Breakfast Sandwich  
¼ c Peaches  
4 oz Milk  
14

1 French Toast Strip  
¼ c Oranges  
4 oz Milk  
17

½ slc Toast  
1 Tbsp Grape Jam  
¼ c Honeydew  
4 oz Milk  
18

½ oz Turkey Patty  
¼ Banana (1/4 c)  
4 oz Milk  
19

1 Breakfast Taco  
¼ c Strawberries  
4 oz Milk  
20

½ (.05 oz) Apple  
Muffin  
¼ c Watermelon  
Cubes  
4 oz Milk  
21

½ oz Turkey Patty  
¼ c Honeydew  
4 oz Milk  
24

¼ c Kix  
¼ c Peaches  
4 oz Milk  
25

1/8 c Scrambled  
Eggs  
½ slc WW Toast  
¼ c Orange Wedges  
4 oz Milk  
26

½ (.05 oz) Bagel  
1 Tbsp Peanut  
Butter  
¼ c Watermelon  
4 oz Milk  
27

¾ Oatmeal  
¼ c Raspberries  
4 oz Milk  
28



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



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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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?

Wubba lubba dubba!

### 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 Agriffo Extension



### FINISH THE PATTERN

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

