

JUNE

2019

GOOD EATS AT

EHS LUNCH MENU

SPECIAL ANNOUNCEMENTS

Call me
INDIGO THORN

M	T	W	TH	F
<p>½ Chicken Quesadilla 1/8 c Diced Tomatoes 1/8 c Peaches 4 oz Milk</p> <p>3</p>	<p>½ Sloppy Joe Sandwich 1/8 c Baked Beans 1/8 c Green Beans 1/8 c Diced Pineapple 4 oz Milk</p> <p>4</p>	<p>4 Beef Ravioli Pies 1/8 c Brown Rice 1/8 c Apricots ½ WW Dinner Rolls 4 oz Milk</p> <p>5</p>	<p>½ c Chicken Stir Fry 1/8 c Brown Rice 1/8 c Apricots ½ WW Dinner Roll 4 oz Milk</p> <p>6</p>	<p>½ Grilled Ham & Cheese Sandwich 1/8 c Tomato & Avocado Bowl 1/8 c Apples & Bananas 4 oz Milk</p> <p>7</p>
<p>1 pc Macaroni & Cheese w/ Ham 1/8 c Snap Peas 1/8 c Mixed Fruit ½ WW Dinner Roll 4 oz Milk</p> <p>10</p>	<p>2 Chicken Nuggets 1/8 s Tossed Salad ½ Biscuit or Roll 1/8 c Fresh Green Apples 4 oz Milk</p> <p>11</p>	<p>1 Hamburger .05 zo WW Bun 1 Leaf Lettuce 1 Slice Tomato 1/8 c Tater Tots 1/8 c Diced Pineapples 4 oz Milk</p> <p>12</p>	<p>½ pc Chicken Spaghetti 1/8 c Peas & Carrots 1/8 c Mandarin Oranges 4 oz Milk</p> <p>13</p>	<p>½ Bean & Cheese Burrito 1/8 c Diced Tomatoes 1/8 c Strawberries & Bananas 4 oz Milk</p> <p>14</p>
<p>1 oz Riblet .05 WW Bun 1/8 c Summer Squash 1/8 c Cantaloupe 4 oz Milk</p> <p>17</p>	<p>½ Chicken Fajitas 1/8 c Refried Beans 1/8 c Shredded Lettuce 1/8 c Mixed Fruit 4 oz Milk</p> <p>18</p>	<p>1 oz Salisbury Steak 1/8 c Mashed Potatoes 2 Tbsp Brown Gravy ½ slc WW Bread 1/8 c Tropical Fruit 4 oz Milk</p> <p>19</p>	<p>1/3 c Beef Goulash 1/8 c Green Beans 1/8 c Apricots ½ WW Dinner Roll 4 oz Milk</p> <p>20</p>	<p>2 Fish Sticks 1/8 c Sweet Potato Wedges 1/8 c Melon Bowl ½ slc WW Bread 4 oz Milk</p> <p>21</p>
<p>½ Pulled Pork Slider 1.0 oz WW Slider Bun 1/8 c Raw Carrots 1/8 c Cinnamon Applesauce 4 oz Milk</p> <p>24</p>	<p>1 oz Grilled Chicken Patty (Diced) 1/8 c Green Beans ¼ c Brown Rice 1/8 c Strawberries ½ slc WW Bread 4 oz Milk</p> <p>25</p>	<p>¾ c Beef Spaghetti 1/8 c Broccoli & Cheese ½ WW Roll 1/8 c Pears 4 oz Milk</p> <p>26</p>	<p>½ Chicken Enchilada 1/8 c Refried Beans 1/8 c Tossed Salad 1/8 c Diced Pineapples 4 oz Milk</p> <p>27</p>	<p>2 Steak Fingers 1/8 c Mashed Potatoes 2 Tbsp Gravy 1/8 c Apricots ¼ slc Texas Toast 4 oz Milk</p> <p>28</p>

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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.

