



JUNE

2019

Call me
**INDIGO
THORN**

**GODD
EATS AT**

**EHS
SNACK
MENU**

**SPECIAL
ANNOUNCEMENTS**

M	T	W	TH	F
<p>½ Soft Pretzel Rod 4 oz Milk</p> <p>3</p>	<p>.05 oz WW Crackers ½ c Smashed Avocado</p> <p>4</p>	<p>1 Tbsp Peanut Butter ½ c Sliced & Diced Fresh Apples</p> <p>5</p>	<p>4 (.05 oz) Wheat Crackers 1 slc (.05 oz) Ham</p> <p>6</p>	<p>2 (.05 oz) Graham Crackers ¼ c Greek Vanilla Yogurt <i>Graham crackers are not to be served to children under 1 year</i></p> <p>7</p>
<p>½ c Applesauce ¼ c Gold Fish</p> <p>10</p>	<p>1 pk (.75 oz) Teddy Grahams ½ c Diced Pears <i>Teddy grahams are not to be served to children under 1 year.</i></p> <p>11</p>	<p>1 Boiled Egg 4 (.05 oz) Wheat Crackers</p> <p>12</p>	<p>1 (.05 oz) Whole Grain Muffin ¼ c Apricots</p> <p>13</p>	<p>¼ c Vanilla Yogurt ½ c Cheerios</p> <p>14</p>
<p>1 slc (.05 oz) Ham 4 (.05 oz) Wheat Thins</p> <p>17</p>	<p>½ Soft Pretzel Rod 1 Wild Watermelon Applesauce Cup</p> <p>18</p>	<p>1 oz Sliced Cheese ½ c Diced Peaches</p> <p>19</p>	<p>¼ c Vanilla Yogurt ½ c Chex Cereal</p> <p>20</p>	<p>½ (1/2 c) Banana 1 Tbsp Peanut Butter</p> <p>21</p>
<p>4 (.05 oz) Wheat Crackers ½ oz Sliced Cheese</p> <p>24</p>	<p>1 Tbsp Peanut Butter 2 (.05 oz) Graham Crackers <i>Graham crackers are not to be served to children under 1 year</i></p> <p>25</p>	<p>½ (1/2 c) Banana ¼ c Strawberry Yogurt</p> <p>26</p>	<p>½ c Carrot Sticks w/ Ranch ½ oz Sliced Cheese *Blanched & Chill</p> <p>27</p>	<p>8 (.05 oz) Animal Crackers 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?

Strawberry

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.

