

# JULY

2020

TDA's June 2020 Menu Calendar



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I'm **MIGHTY MINDY**

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GOOD EATS AT

BREAKFAST MENU EHS

SPECIAL ANNOUNCEMENTS

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

STARTING JUNE 1  
For A Meal Near You,  
Call 211  
or  
Text  
FOODTX to 877-871

1 Biscuit & Gravy  
¼ c Mangoes  
4 oz Milk 6

½ c Cheerios  
¼ c Diced Peaches  
4 oz Milk 7

1 slc Turkey Sausage  
½ slc WW Toast  
¼ c Diced Pears  
4 oz Milk 8

½ c Kix Cereal  
¼ c Mixed Fruit  
4 oz Milk 9

1-4" Pancake  
¼ c Diced Strawberries  
4 oz Milk 10

½ oz Turkey Patty  
¼ c Diced Pineapple  
4 oz Milk 13

½ c Kix Cereal  
¼ c Diced Peaches  
4 oz Milk 14

1/8 c Scrambled Eggs  
½ slc WW Toast  
¼ c. Mandarin Oranges  
4 oz Milk 15

½ WW Bagel  
1 Tbsp Cream Cheese  
¼ c Mangos  
4 oz Milk 16

¾ c Oatmeal  
¼ c Diced Pears  
4 oz Milk 17

½ c Cheerios  
¼ c Diced Pears  
4 oz Milk 20

1-4" Pancake  
¼ c Diced Mangos  
4 oz Milk 21

1 Biscuit & Turkey Sandwich  
¼ c Diced Peaches  
4 oz Milk 22

1-4" Waffle  
¼ c Mixed Fruit  
4 oz Milk 23

½ slc Cinnamon Bread  
¼ c Diced Strawberries  
4 oz Milk 24

1 Biscuit & Gravy  
¼ c Mangoes  
4 oz Milk 27

½ c Cheerios  
¼ c Diced Peaches  
4 oz Milk 28

1 slc Turkey Sausage  
½ slc WW Toast  
¼ c Diced Pears  
4 oz Milk 29

½ c Kix Cereal  
¼ c Mixed Fruit  
4 oz Milk 30

1-4" Pancake  
¼ c Diced Strawberries  
4 oz Milk 31



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## MIGHTY MINDY mushroom

Mindy the button mushroom was the smallest of her many mushroom friends, but her small size didn't stop her from being mighty!

When she was a little spore an earthquake hit the Healthyville farm and shook Mindy from the ground. She was thrown into the air and twisted, twirled, and flipped all around before landing on her feet. The other mushrooms were in awe of her athletic ability. Mighty Mindy uses her super power to show kids how to eat healthy to be active!



## WHAT TO KNOW

Mushrooms are low in calories and fat, and provide selenium, potassium, and B vitamins like folate, riboflavin, thiamine, niacin, and pantothenic acid. Your body needs folate for proper growth and development and for healthy brain function.



MIGHTY MINDY'S FAVORITE ACTIVITIES  
Doing Cartwheels and Somersaults

## FUN FACT

Mushrooms are classified as vegetables, but they are actually not plants, they are fungi.

## POWER FUNGI FLIPS



## JOKE OF THE MONTH

Q: What's an airplanes favorite mushroom?

A: Air-portabella.

## MATCHING

Mindy has several members in her mushroom family—Mindy is a little button mushroom, her big brother is a portabello mushroom, and her sister is a shiitaki mushroom. They are all mushrooms, but each one has its own look and personality. Can you help label Mindy's family photos? Draw a line across to match the name to the picture.



Small  
**BUTTON MUSHROOM**

Brown  
**SHIITAKI MUSHROOM**

Big Cap  
**PORTABELLO MUSHROOM**

