



JULY

2020

TDA's June 2020 Menu Calendar

GOOD EATS AT

EHS SNACK MENU

SPECIAL ANNOUNCEMENTS

M

I'm **MIGHTY MINDY**

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CLOSED FOR SUMMER BREAK 1

CLOSED FOR SUMMER BREAK 2

CLOSED FOR SUMMER BREAK 3

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

½ c Applesauce Cup
¼ c Gold Fish
6

¼ c Cheese-It Crackers
¼ c Mixed Fruit
7

1 Whole Grain Muffin
½ c Mandarin Orange Cup
8

2 Graham Crackers*
4 oz Milk
**Graham crackers are not to be served to children under 1 yr.*
9

1 pk Teddy Grahams*
½ c Pear Cup
**Graham crackers are not to be served to children under 1 yr.*
10



4 Wheat Crackers
½ oz Ham Slice
13

1 Tbsp Peanut Butter Cup
2 Graham Crackers Squares*
**Graham crackers are not to be served to children under 1 yr.*
14

½ Soft Pretzel Rod
4 oz Milk
15

½ Whole Grain Muffin
½ c Applesauce Cup
16

8 Animal Crackers
4 oz Milk
17

1 Tbsp Peanut Butter
2 Graham Crackers Squares*
**Graham crackers are not to be served to children under 1 yr.*
20

¼ c Gold Fish
4 oz Milk
21

½ Soft Pretzel Rod
1 Watermelon Applesauce Cup
22

4 Wheat Crackers
1 slc Ham
23

½ Whole Grain Muffin
4 oz Milk
24



½ c Applesauce Cup
¼ c Gold Fish
27

¼ c Cheese-It Crackers
¼ c Mixed Fruit
28

1 Whole Grain Muffin
½ c Mandarin Orange Cup
29

2 Graham Crackers*
4 oz Milk
**Graham crackers are not to be served to children under 1 yr.*
30

1 pk Teddy Grahams*
½ c Pear Cup
**Graham crackers are not to be served to children under 1 yr.*
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

