

MAY 2018

MON TUE WED THUR FRI

Good Eats at:

Miami ISD

Lunch

Special Announcements

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

Chicken Spaghetti Rolls, Carrots Garden Salad Fruit Milk Variety 7	Grilled Cheese Chips Garden Salad Fruit Milk Variety 8	Cheese Enchilada Refried Beans Spanish Rice Fruit Milk Variety 9	Chicken Nuggets Fries Green Beans Fruit Milk Variety 10	No School 11
Chicken Fried Steak Mashed Potatoes Gravy, Roll Green Beans Fruit, Milk Variety 14	Chicken Tenders Roll, Gravy Fries Fruit Milk Variety 15	Crispy Tacos Spanish Rice Charro Beans Fruit Milk Variety 16	Ham/Cheeseburger Chips Veggies Fruit Milk Variety 17	Cheese Calzones Corn Garden Salad Fruit Milk Variety 18
Chicken Sandwich Fries Veggie Fruit Milk Variety 21	Cheese Pizza Corn Garden Salad Fruit Milk Variety 22	Corn Dogs Potato Wedges Mixed Veggie Fruit Milk Variety 23	Hot Ham and Cheese Sandwich Chips Veggies Fruit, Milk Variety 24	25
28	29	30	31	

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

STARTING JUNE 1
For A Meal Near You
Call 211
or Text
FOODITX to 877-671

+200
+100
+50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



BLUEBERRIES

Bobby Blueberry here. Plump, juicy and sweet, my brothers and I grow together on bushes in small clusters or groups. Each one of us is about the size of a marble and round in shape. We are pale greenish at first, then turn reddish-blue, and then dark blue when ready to eat. We mostly bloom any time between May and August. We're super easy to eat because you have to wash us but you don't need to peel us or remove a pit (a large seed in the center).

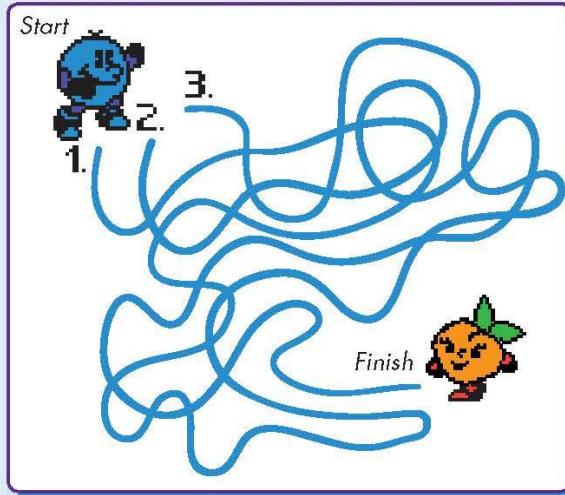


The Sweet LIFE

The darker our color, the sweeter we taste, so we go great in muffins, pies and other desserts. You may even find us on your breakfast cereal or in pancakes.

MAZE

Help Bobby Blueberry meet up with Polly Peach in June.



LAUNCH PAD

BLUEBERRY GROWING REGION

East Texas



Blueberry MUFFINS



INGREDIENTS

½ cup vegetable oil • 1 cup sugar • 2 eggs • ½ cup milk, low-fat • 1 teaspoon vanilla • 2 cups flour • 2 teaspoons baking powder • ½ teaspoon salt • 2 cups blueberries (fresh or frozen)

PREPARATION

1. Preheat the oven to 375 degrees.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q: What do you call blueberries playing the guitar?

A: A jam session.

FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.