

# APRIL

2019



**GOOD EATS AT**



**The Varnett Public School**  
A LEGACY OF EXCELLENCE

**SPECIAL ANNOUNCEMENTS**

**SCHOOL HOLIDAY**  
4/19/19



**MENU IS SUBJECT TO CHANGE!**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
This institution is an equal opportunity provider.

I'm the **BOUNDLESS BERRY**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 5 and Younger

| M                             | T  | W  | TH   | F                                       |
|-------------------------------|--|--|--|---|
| CEREAL<br>FRUIT<br>MILK<br>1  | GRANOLA<br>BAR<br>FRUIT<br>MILK<br>2                 | MANAGER'S<br>CHOICE<br>FRUIT<br>MILK<br>3  | CHEESE<br>TOAST<br>FRUIT<br>MILK<br>4      | KOLACHE<br>JUICE<br>FRUIT<br>MILK<br>5  |
| CEREAL<br>FRUIT<br>MILK<br>8  | GRITS<br>T. SAUSAGE<br>FRUIT<br>MILK<br>9            | BISCUIT<br>T. SAUSAGE<br>FRUIT<br>MILK<br>10   | FRENCH<br>TOAST<br>FRUIT<br>MILK<br>11     | KOLACHE<br>JUICE<br>FRUIT<br>MILK<br>12 |
| CEREAL<br>FRUIT<br>MILK<br>15 | <b>STUDENT'S<br/>CHOICE<br/>FRUIT<br/>MILK</b><br>16 | MUFFIN<br>FRUIT<br>MILK<br>17  | CHEESE TOAST<br>FRUIT<br>MILK<br>18        | <b>NO<br/>SCHOOL</b><br>19              |
| CEREAL<br>FRUIT<br>MILK<br>22 | POP TART<br>FRUIT<br>MILK<br>23                      | <b>STUDENT'S<br/>CHOICE<br/>FRUIT<br/>MILK</b><br>24   | PANCAKE ON<br>STICK<br>FRUIT<br>MILK<br>25 | KOLACHE<br>JUICE<br>FRUIT<br>MILK<br>26 |
| CEREAL<br>FRUIT<br>MILK<br>29 | GRITS<br>T. SAUSAGE<br>FRUIT<br>MILK<br>30           | <p><b>ART CONTEST ENDS</b></p> <p>"You <b>ART</b> What You Eat"<br/>Art Contest<br/><b>ENDS APRIL 12<sup>TH</sup></b><br/><a href="http://SquareMeals.org/artcontest">SquareMeals.org/artcontest</a></p> |  |   |



# BOUNDLESS BERRY

Strawberry



During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips of her hair were also able to spin so fast allowing her to fly. At that moment, she became The Boundless Berry. She wanted all of the kids of the world to have access to delicious healthy strawberries so she flew around the world planting strawberries at every location she could, giving children access to vitamin C and fiber to help boost their immune systems and grow strong.

## FUN FACT

Strawberry is the most popular berry in the United States.

## BOUNDLESS BERRY'S FAVORITE ACTIVITIES

Fishing, Canoeing and Running



**POW!**

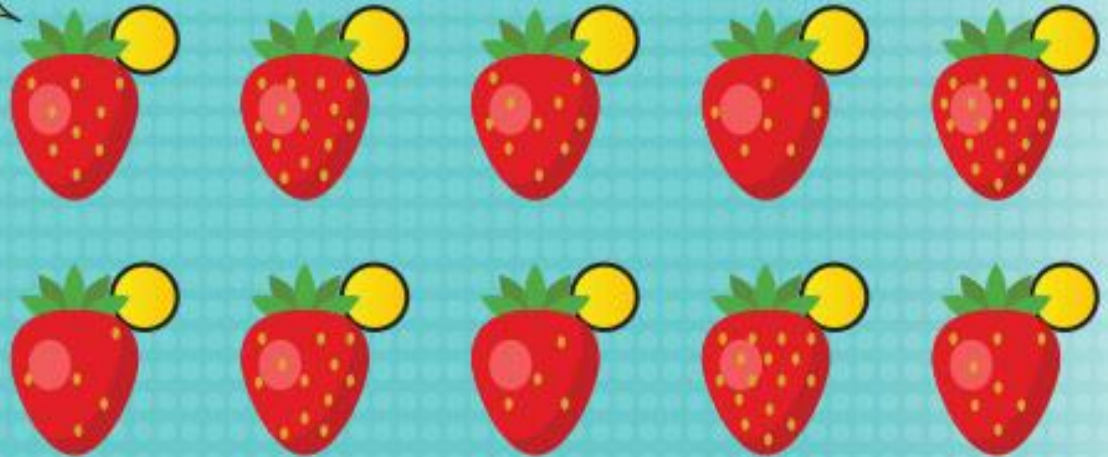
## ARCH ENEMY

Strawberry Flavored Candy



## COUNT 'EM!

Identify the correct number of seeds on each strawberry.



## JOKE OF THE MONTH

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Sources: Texas A&M and Agrilife Extension