

MAY 2018

TIGER CUB CAFÉ @ BROWN PRIMARY

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

STARTING JUNE 1
For A Meal Near You!
Call 211 or Text 877-6711

+200
+100
+50



Good Eats at:

TIGER CUB CAFÉ @
BROWN PRIMARY

Special Announcements

VARIETY OF
FRUITS,
VEGETABLES
AND MILK
OFFERED DAILY
TURKEY SANDWICH
OR WRAP OR CHEF

SALAD



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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

MON	TUE	WED	THUR	FRI
	CORNDOG 1	SPAGHETTI WITH MEAT SAUCE 2	STEAK FINGERS 3	PEPPERONI PIZZA 4
CHICKEN FAJITA 7	BREAKFAST FOR LUNCH 8	FISH NUGGET 9	CHICKEN SANDWICH 10	BEEF CHEESE NACHOS 11
BREADED CHEESE STICK 14	FRITO PIE 15	CHEESE BURGER 16	POPCORN CHICKEN 17	PEPPERONI PIZZA 18
BBQ RIBLET SANDWICH 21	BEEF, BEAN & CHEESE BURRITO 22	CHICKEN NUGGET 23	BEEF TACOS 24	CHICKEN DRUMSTICK 25
NO SCHOOL 28	CORNDOG 29	CHICKEN SANDWICH 30	CHILI CHEESE FRIES 31	

Fun facts on back!



IBiLUESIERRIES

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).



Launch IP>4D

BLUEBERRY GROWING REGION



East Texas

Joke o-r the MON JHI
Q: What do you call blueberries playing the guitar?

-uotsses wo j'V':V

INGREDIENTS

1/2 cup vegetable oil • 1 cup sugar • 2 eggs • 1/2 cup milk, low-fat • 1 teaspoon vanilla • 2 cups flour • 2 teaspoons baking powder • 1/2 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



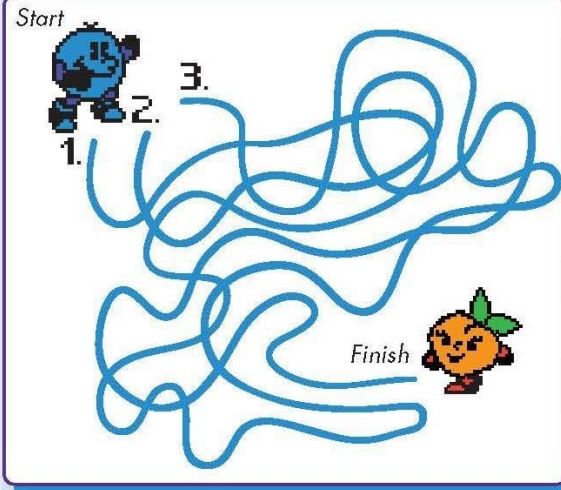
BLUEberry MUFFIINS

The sweet liiFIC

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.



Fun f4C1r

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