

MAY 2018

TIGER CAFÉ @ HIGH SCHOOL

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

STARTING JUNE 1
For A Meal Near You!
Call 211 or Text 800-477-6771

Good Eats at:
TIGER CAFÉ @ HIGH SCHOOL

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

Special Announcements

MON	TUE	WED	THUR	FRI
	CHII CHEESE FRIES 1	BEEF ENCHILADAS 2	STEAK FINGERS 3	EXTREME BURRITO 4
RIBLET ON MINI SUB 7	HOMESTYLE CHICKEN STRIP 8	TANGERINE CHICKEN 9	SPICY SRIRACHA CHICKEN QUESIDILLA 10	GRILL DAY HAMBURGER 11
CHICKEN BREAST CHUNCKS 14	CHICKEN SPAGHETTI 15	BEEF QUESADILLA 16	COUNTRY BEEF PATTIE 17	BEEF TACO 18
POPCORN CHICKEN BOWL 21	BEEF CHEESE NACHOS 22	TANGERIINE CHICKEN 23	BEEF QUESIDILLA 24	HAMBURGER 25
NO SCHOOL 28	CHILI CHEESE FRIES 29	BEEF ENCHILADAS 30	PHILY CHEESE STEAK 31	

+200
+100
+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

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.

BLUEberry MUFFIINS



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)

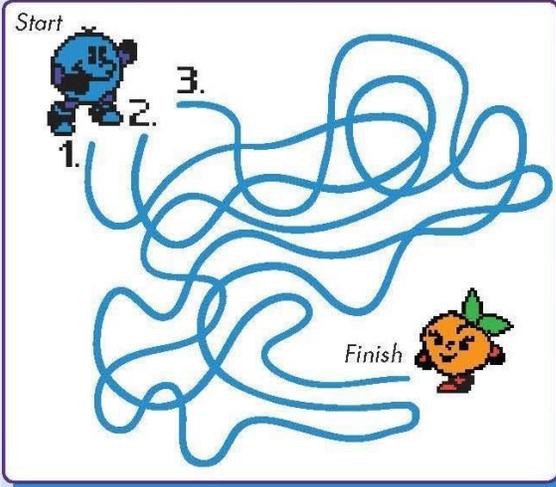
PREPARATION

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

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.