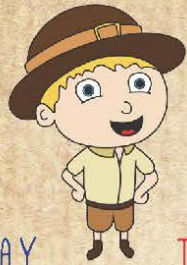


**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**



# MAY

**HAVE A VERY  
DAIRY  
MONTH!**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Kolaches  
Cheese Enchiladas  
Garden Salad  
Salsa  
Pinto Beans  
Mandarin Oranges 2

Scrambled Eggs/Biscuit  
Chili Dogs  
Tater Tots  
Cucumber/Tomatoes  
Fresh Fruit  
Pudding 3

Cinnamon Roll/Bacon  
Chicken Nuggets  
Mac/Cheese  
Green Beans  
Garden Salad  
Apple Slices 4

Breakfast Combos  
Cheese Pizza  
Garden Salad  
Corn  
Mixed Fruit 5

Staff  
Development Day 6

Stuffed Bagel  
Frito Pie  
Ranch Style Beans  
Fresh Veggies  
Salsa  
Orange Smiles/Cookie 9

Sausage Biscuit  
Country Fried Steak  
Mashed Potatoes  
Roll  
Gravy  
Green Beans  
Strawberry Cup 10

Dutch Waffle  
Meat & Cheese Tostada  
Spanish Rice  
Salad  
Refried Beans  
Applesauce 11

Breakfast Boat  
Chicken Spaghetti  
Salad  
Bread Sticks  
Green Beans  
Apple Slices 12

Pancakes/Bacon  
Chicken Rings  
Toast  
Broccoli/Ranch  
Tater Tots  
Sliced Peaches  
Seasonal Fruit 13

Cinnamon Toast  
Beef&Bean Burrito  
Salsa  
Garden Salad  
Salad  
Mixed Fruit 16

Cheese Omlet Wrap  
Stuffed Baked Potatoes  
Baked Beans  
Broccoli  
Rolls  
Pineapple D'Lite 17

Breakfast Pizza  
Nachos Grande  
Refried Beans  
Garden Salad  
Tomato Wedges  
Pears 18

Waffles/Sausage  
French Bread Pizza  
Carrots& Broccoli/Ranch  
Corn  
Grapes  
Cookies 19

Cinnamon Rolls  
Crispitos  
Salsa  
Garden Salad  
Refried Beans  
Lime Sherbert 20

Holiday 23

Pancake Pup  
Lasagna W/Meat Sauce  
Salad  
Breadsticks  
Corn  
Fresh Fruit 24

Muffins/Yogurt  
Chili Cheese Burritos  
Salad  
Salsa  
Vegetable Medley  
Pudding 25

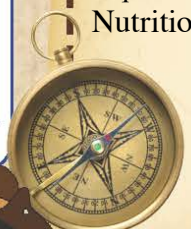
Breakfast Strudel  
Corn Dogs  
Tater Tots  
Veggie Dippers  
Apple Slices  
Cookie 26

Kolaches  
PB&J Uncrustables  
Baked Chips  
Fresh Veggies  
Fresh Fruit  
Cookie 27

Have A Great Summer!  
30

Have A Great Summer!  
31

**You Art What You Eat Art Contest**  
Create and enter today!  
Deadline is **May 20th, 2016.**  
[www.SquareMeals.org/ArtContest](http://www.SquareMeals.org/ArtContest)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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

**GOOD EATS AT:**  
HERMLEIGH ISD

**SPECIAL ANNOUNCEMENTS**  
Menu Is subject To Change served  
100% Juice and choice of milk  
Served with breakfast. Breakfast is  
also served with a choice of whole  
fruit, Choice of milk is served with  
lunch.  
Salad Bar 6-12 will be served with  
required food items to meet USDA  
Nutritional Standard



**IT'S MAY!** Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part of the Great Plate of Texas!

SUBJECT: Cheese

CATEGORY: Dairy

GROWING REGIONS: Throughout Texas

WHERE TO FIND IT: In the supermarket and some farmers' markets.



DISTINGUISHING CHARACTERISTICS:

Cheese is a solid food-product that comes from milk. It has a wide variety of textures and forms, and two popular varieties eaten in Texas are mozzarella and cheddar.

WHAT TO KNOW:

Texas cheese is an excellent source of calcium, and also contains protein, zinc, Vitamins A and B12 making it a smart part of a healthy diet.

JOKE: Q: How do you make a mouse smile?

A: Say cheese!



**FUN FACT:**



It takes about 10 pounds of milk to make one pound of cheese.

**COMING IN JUNE:  
TOMATOES!**



DID YOU KNOW?:

A typical American eats about 23 pounds of cheese each year!



STARTING JUNE 1ST:

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**

No Cost For Kids 18 and Younger



EXPLORER'S NOTEBOOK:

The dairy industry is big in Texas. Texas dairies produce about 1 billion gallons of milk a year! Some of that milk is used to make cheeses, yogurts, butter and many other great-tasting products.

**ONE MOO-MENT,  
PLEASE.**

