

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

# JUNE

# SUMMER FUN!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**STARTING JUNE 1  
HEALTHY  
SUMMER  
MEALS  
FOR KIDS**  
No Cost For Kids 18 and Younger



6

7

1

2

3

Enchilada  
Glazed Carrots  
Tejas Corn  
Milk  
13

Grilled Cheese  
Sandwich  
Celery Sticks  
Cherry Tomatoes  
Milk  
14

Hot Dog on WG Bun  
Potato Bites  
Mixed Vegetables  
Milk  
15

Sandwich of the Day  
Carrot Sticks  
Celery Sticks  
Milk  
16

Chicken Nuggets  
Mashed Potatoes and  
Gravy  
Seasoned Green  
Beans  
Milk  
17

Burrito  
Charro Beans  
Tejas Corn  
Milk  
20

Sandwich of the Day  
Celery Sticks  
Juice  
Milk  
21

Spaghetti and  
Meatsauce  
Italian Green Beans  
Glazed Carrots  
Milk  
22

Sandwich of the Day  
Carrot Sticks  
Celery Sticks  
Milk  
23

Steak Fingers  
Broccoli and Cheese  
Glazed Carrots  
Milk  
24

Enchilada  
Glazed Carrots  
Tejas Corn  
Milk  
27

Grilled Cheese  
Sandwich  
Celery Sticks  
Cherry Tomatoes  
Milk  
28

Hot Dog on WG Bun  
Potato Bites  
Mixed Vegetables  
Milk  
29

Sandwich of the Day  
Carrot Sticks  
Celery Sticks  
Milk  
30



GOOD EATS AT:

SNACK TIME!



SPECIAL ANNOUNCEMENTS

Please place your orders daily by 1pm at

<http://goo.gl/forms/GcFuXW9M92UbweL1>



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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# IT'S JUNE!

Summer has just begun so get the most out of it with the cool, refreshing flavor of Texas tomatoes. They're a tasty, healthy addition to the Great Plate of Texas!



SUBJECT: Tomato

CATEGORY: Vegetable (And sometimes a fruit!)

GROWING REGIONS: East Texas, Rio Grande Valley, Central Texas

WHERE TO FIND IT: In the produce section of the supermarket.



## DISTINGUISHING CHARACTERISTICS:

The majority of the tomatoes grown in Texas are red, round and have a smooth outer-skin covering a juicy interior.

## WHAT TO KNOW:

Tomatoes are delicious eaten by themselves or they can make a tasty addition to foods like sandwiches, pasta, and salads and can be used to make sauces and soups. They're an excellent source of Vitamins C and A.



## JOKE:

Q: How do you fix a broken tomato?

A: With tomato paste!



You Art What You Eat Art Contest

Submissions are closed. Finalist will be notified in July.

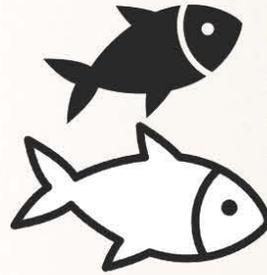
Visit [www.SquareMeals.org/ArtContest](http://www.SquareMeals.org/ArtContest) for more details.

## DID YOU KNOW?:

The average Texan eats 22 pounds of tomatoes every year.

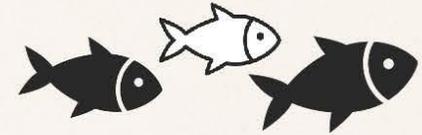


COMING IN JULY:  
**WHOLE GRAINS!**



## **FUN FACT:**

If you lived in the 1700s, your condiment of choice would not have been ketchup it would have been a sauce made with fish!



## EXPLORER'S NOTEBOOK:

It's not hard to find tomatoes in Texas. Tomatoes are the state's most popular garden vegetable. They're grown in backyard gardens in every part of the state. Each June, the city of Jacksonville, Texas holds Tomato Fest, a celebration of the tomato featuring a tomato eating contest, a tomato salsa contest, and even a tomato shooting contest!

