

# APRIL 2018

MON

TUE

WED

THUR

FRI

Pizza  
Seasoned Corn  
Baby Carrots  
Grapes  
Cookies  
Milk Variety 2

Crispy Tacos  
Veggie Cup  
Charro Beans  
Lett/Tom/Salsa  
ApplePineapple  
D'Lite  
Milk Variety 3

Chicken Nuggets  
Mashed Potatoes  
Salad  
Veggies  
Pears  
Milk Variety 4

HB/CHZ Burger  
Oven Fries  
Baby Carrots  
Lett/Tom/Pickle  
Orange Smiles  
Milk Variety 5

Chicken  
Parmesan  
Green Beans  
Salad  
Pineapple  
Milk Variety 6

Corn Dogs  
Tater Tots  
Baked Beans  
ApplePineapple  
D'Lite  
Milk Variety 9

Nachos Grande  
Refried Beans  
Tomato Cup  
Cucumber Cup  
Lett/Tom/Salsa  
Milk Variety 10

X-Treme Burrito  
Seasoned Corn  
Lett/Tom/Salsa  
Veggie Cup  
Mandarin  
Oranges  
Milk Variety 11

Salisbury Steak  
Roasted Potato  
Salad  
Biscuit/Gravy  
Fruity Gelatin  
Milk Variety 12

Ham&Chz Melt  
Baby Carrots  
Broccoli Salad  
Fresh Fruit  
Brownie  
Milk Variety 13

Steak Fingers  
Mashed Potatoes  
Green Beans  
Roll  
Strawberry Cup  
Milk Variety 16

Meat & Chz  
Chalupas  
Refried Beans  
Cucumber Cup  
Lett/Tom/Salsa  
Applesauce  
Milk Variety 17

Chicken Nuggets  
Swt Potato Fries  
Broccoli  
Toast/Gravy  
Mixed Fruit  
Milk Variety 18

Chicken Spaghetti  
Breadstick  
Salad  
Carrots  
Apple Slices  
Milk Variety 19

BBQ On A Bun  
Greenbeans  
Coleslaw  
Orange Smiles  
Milk Variety 20

HB/CHZ  
Burger  
Fries/Veggies  
Lett/Tom/Pickle  
Mixed Fruit  
Milk Variety 23

TexMex Stack  
Charro Beans  
Tomato Cup  
Lett/Tom/Salsa  
Hot Cinn Apple  
Milk Variety 24

Pizza  
Veggies  
Salad  
Peaches  
Cookie  
Milk Variety 25

Grilled Cheese  
MultiGrain Chips  
Broccoli  
Veggie Cup  
Snowball Salad  
Milk Variety 26

Chicken Bowl  
Mashed Potatoes  
Roll/Gravy  
Green Beans  
Apples Slices  
Milk Variety 27

Taquitos  
Charro Beans  
Seasoned Corn  
Salsa  
Fresh Fruit  
Milk Variety 30

Good Eats at:

Special Announcements

Fun facts on back!

**'YOU ART WHAT YOU EAT'**  
ART CONTEST CONTINUES. ENTER TODAY!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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MON

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THUR

FRI

Sausage Biscuit  
Yogurt  
Fruit  
Juice  
Milk Variety

2

Cheese Omelet  
Toast  
Fruit  
Juice  
Milk Variety

3

Waffles  
Sausage  
Fruit  
Juice  
Milk Variety

4

Sausage Biscuit  
Fruit  
Juice  
Milk Variety

5

French Toast  
Sausage  
Fruit  
Juice  
Milk Variety

6

Pancakes  
Sausage  
Fruit  
Juice  
Milk Variety

9

Breakfast Burrito  
Hash Browns  
Fruit  
Juice  
Milk Variety

10

Scrambled Eggs  
Biscuit  
Bacon  
Fruit  
Juice  
Milk Variety

11

Sausage Biscuit  
Yogurt  
Fruit  
Juice  
Milk Variety

12

Egg and Cheese Sand  
Fruit  
Juice  
Milk Variety

13

Waffles  
Bacon  
Fruit  
Juice  
Milk Variety

16

Cinn Roll  
Sausage  
Fruit  
Juice  
Milk Variety

17

Sausage Biscuit  
Fruit  
Juice  
Milk Variety

18

Sausage, Egg  
Chz Sand  
Fruit  
Juice  
Milk Variety

19

Scrambled Eggs  
Biscuit/Gravy  
Fruit  
Juice  
Milk Variety

20

Sausage Biscuit  
Fruit  
Juice  
Milk Variety

23

Breakfast Burrito  
Hash Browns  
Fruit  
Juice  
Milk Variety

24

Waffles  
Sausage  
Fruit  
Juice  
Milk Variety

25

Pancakes  
Bacon  
Fruit  
Juice  
Milk Variety

26

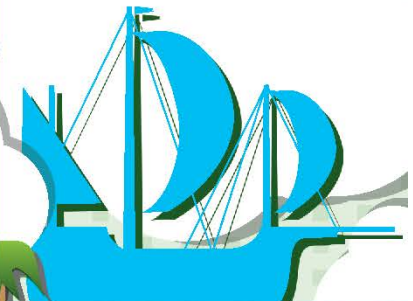
French Toast  
Bacon  
Fruit  
Juice  
Milk Variety

27

Early Bird Sand  
Fruit  
Juice  
Milk Variety

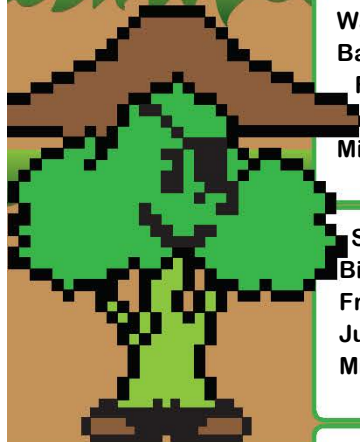
30

Good Eats at:



Special Announcements

+200  
+100  
+50



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**COMMISSIONER SID MILLER**





## Launch PAD BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

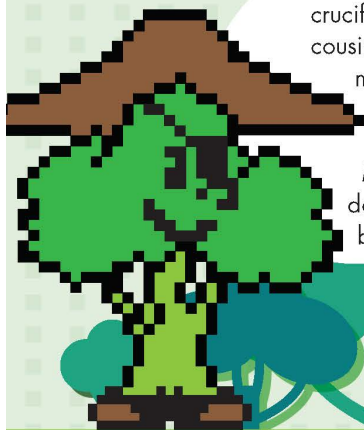


## Healing HERO

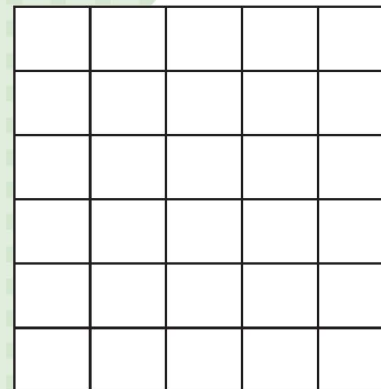
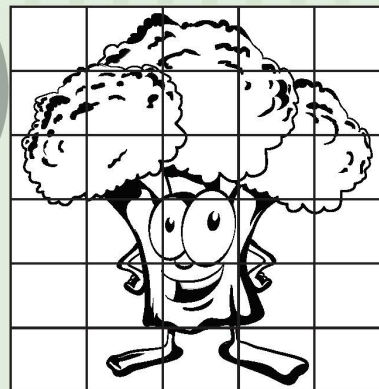
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

## BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.

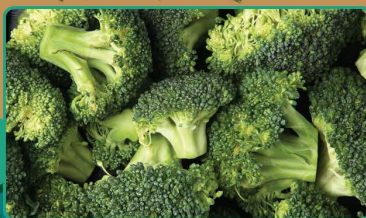


## Draw Captain Broccoli's FIRST MATE



## FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



## Chicken and Broccoli BAKE

## Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

A: Count Broccula

## INGREDIENTS

1 cup rice, uncooked • 1 broccoli, frozen (10 ounce package) • 3 cups chicken, cooked • 2 tablespoons margarine (or butter) • ¼ cup flour • 2 cups chicken broth • ¼ cup Parmesan cheese (optional)

## PREPARATION

**1.** Cook rice in 2 cups of water. **2.** Let broccoli thaw. **3.** Chicken should be off the bone. **4.** Melt butter in large sauce pan. **5.** Add flour to melted margarine and stir. This will be lumpy. **6.** Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken. **7.** Add cheese and stir. **8.** Add rice, broccoli and chicken. Stir. **9.** Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

