



JUNE

2019

Call me
**INDIGO
THORN**

**GOOD
EATS AT**

**SPECIAL
ANNOUNCEMENTS**

M

Sausage Biscuit
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

3

T

Eagle Donut
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

4

W

Ham/Cheese Bar
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

5

TH

Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

6



7

F

Pancake Wrap
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

10

Grilled Cheese
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

11

Ham/Egg Taco
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

12

Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

13



14

Potato/Egg Taco
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

17

Cinnamon Roll
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

18

Sausage Roll
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

19

Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

20



21

Beef Tamales
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

24

Sausage Croissant
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

25

Maple Pancakes
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

26

Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

27



28

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

Indigo Thorn grew along a broken electric fence. It caused her to receive a continuous low-voltage charge for months. The shock gave Indigo Thorn the power to fly and arms that could shoot out fiber for good health and antioxidants to attack diseases. She soon realized she could spread the benefits of blackberries to everyone, especially children. Now she flies to children who need more fiber to help them feel full and maintain a healthy weight.

INDIGO THORN Blackberry



INDIGO THORN'S
**FAVORITE
ACTIVITIES**
Gardening and
Swimming

POW!

ARCH ENEMY

Television

FUN FACTS

A good test for ripeness is how easy the berry pulls from the cane. A truly ripe berry will slip off the stem with a gentle pull.

JOKE OF THE MONTH

Q: What do you call Blackberries playing the guitar?

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BAKED BERRY OATMEAL

Ingredients:

- 2 cups Old fashioned rolled oats
- 1 tsp. Baking powder
- 1 tsp. Cinnamon
- ¼ tsp. Salt
- 2 Eggs
- ½ cup Brown sugar
- 1½ tsp. Vanilla
- 2 cups Nonfat or 1% milk
- 4 tsp. Butter or margarine, melted
- 2 cups Cane berries, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup Walnuts, chopped (optional)

Directions:

1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

Sources: Texas A&M and Agriffo Extension



FINISH THE PATTERN

Color in the white blackberry on each row to properly complete each pattern.

