



JUNE

2019

GODD EATS AT

Call me
INDIGO THORN

M

Tstd Ham/Cheese
Lettuce & Tomato
Cucumber w/Ranch
Baked Chips
Fruit
Milk Duo

3

T

Pizza Cruncher
Baked Potato
Confetti Salad w/Ranch
Macaroni & Cheese
Fruit
Milk Duo

4

W

Chicken Alfredo
Confetti Salad w/Ranch
Baby Carrots w/Ranch
Garlic Toast
Fruit
Milk Duo

5

TH

Chicken Fajitas
Lett/Tom/Cheese
Pinto Beans
Spanish Rice/Tortilla
Fruit
Milk Duo

6



7

F

Chicken Nuggets
Mashed Potatoes
Golden Corn
Sliced Bread
Fruit
Milk Duo

10

Crispy Beef Tacos
Lett/Tom/Cheese
Pinto Beans
Spanish Rice
Fruit
Milk Duo

11

Hot Dogs w/Chili
Baked Potato
Carrot Coins
Fruit
Milk Duo

12

Cheese Burger
Lett/Tom/Pickles
Mixed Vegetables
Baked Chips
Fruit
Milk Duo

13



14

SPECIAL ANNOUNCEMENTS

Meatloaf
Mashed Potatoes
Golden Corn
Sliced Bread
Fruit
Milk Duo

17

Beef Tamales
Pinto Beans
Green Beans
Spanish Rice
Fruit
Milk Duo

18

BBQ on Bun
Ranch Style Beans
Broccoli w/Cheese
Fruit
Milk Duo

19

Corn Dog
Corn on the Cob
Carrot Coins
Macaroni & Cheese
Fruit
Milk Duo

20



21

Crispy Chicken Tacos
Lett/Tom/Cheese
Pinto Beans
Spanish Rice
Fruit
Milk Duo

24

Popcorn Ckn w/Gravy
Baked Potato
Green Beans
Sliced Bread
Fruit
Milk Duo

25

Beef Lasagna
Confetti Salad
Sweet Peas
Garlic Toast
Fruit
Milk Duo

26

Assorted Sandwiches
Lettuce & Tomato
Baked Tater Tots
Fruit
Milk Duo

27



28

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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?

'n Berry Berry Berry

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 Agriflife Extension



FINISH THE PATTERN

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

