

JUNE 2018

MON

TUE

WED

THUR

FRI

Good Eats at:

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



BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
W/G Corn Dog Nuggets Baked Fries Sliced Peaches **1**

+200
+100
+50

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
Pork BBQ on W/G Bun Baked Beans Cole Slaw, Peaches **4**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
WW PBJ or Turkey Cheese Sandwich Carrots, Pears **5**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
Chick-Fil-A Corn Apple Sauce **6**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
Cheeseburger on Bun Broccoli Grapes **7**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
Lunch
Breakfast for Lunch: Turkey Sausage Links, Cinnamon Toast Stick **8**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
W/G Cheese Pizza Steamed Collards Fruit Cocktail **11**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
W/G Max Snax Fiesta Rice Apples **12**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
Hot Dog on WG Bun Baked Fries Pineapple Tidbits **13**

BREAKFAST
General Mills Small Cereal Bowl, Juice/Milk Cereal Bars, Yogurt
LUNCH
Fish-Fil-A Corn Mandarin Oranges **14**



Special Announcements

12 – Graduation and Awards Program @ 7:00 p.m.

13 – Chesapeake City Park @ 10:00 a.m.

14 – Last Day of School: Early Release @ 12:00 p.m.

Summer Camp **18**

Summer Camp **19**

Summer Camp **20**

Summer Camp **21**

Summer Camp **22**

Summer Camp **25**

Summer Camp **26**

Summer Camp **27**

Summer Camp **28**

Summer Camp **29**

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

PEACH GROWING REGIONS

1. East Texas
2. Central Texas



Peachy KEEN!

The word 'peach' has come to mean 'fine' or 'excellent' and is used in many sayings like "everything's peachy" and "life is peachy keen."



PEACH

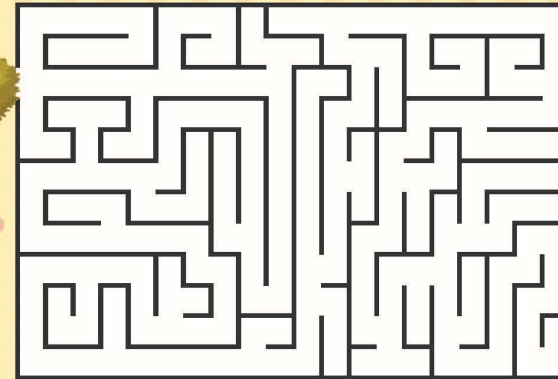
My name is Polly Peach and I'm a stone fruit. Stone fruits are fruits with large pits or seeds in their centers. My relatives and I are known for our yellow and red fuzzy skins and we're really soft to the touch. We are mostly grown in the central and eastern regions of Texas. The Hill Country peach farmers located in central Texas are famous for the quality of their fruit. We grow on trees and we taste the best from June through the end of August.

An extremely juicy fruit, we taste great fresh or cooked. Use us with yogurt, in a fruit salad or a smoothie.



MAZE

Get the peach from the tree to the basket



Peach CRISP



INGREDIENTS

4 peaches (4 cups sliced) • 2 tablespoons margarine • $\frac{3}{4}$ cup quick-cooking oats • $\frac{1}{2}$ cup sugar • $\frac{1}{4}$ cup flour • 2 teaspoons cinnamon • 1 teaspoon lemon juice

PREPARATION

1. Preheat the oven to 375 degrees F. **2.** Slice the peaches. **3.** Spread the peach slices on the bottom of the baking pan. **4.** Melt the margarine in a saucepan. **5.** In a small bowl, mix everything but the peaches. Stir until the mix is well-blended. **6.** Sprinkle the oat mix on top of the peaches. **7.** Bake for 20 minutes.

Notes:

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Fun FACT

In China, peaches are symbols of long life and good luck.

Joke of the MONTH

I would tell you a peach joke I heard, but it's just too PIT-iful.

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