

May 2014

# Greetings From TEXAS



*Kids, have you ever eaten kale chips? They are really delicious and easy to prepare. After you wash it, tear the kale into small pieces, discarding the stem. Pat it dry with a paper towel, place on a cookie sheet, rub with olive oil, add seasoning and bake at 400 degrees for 10-15 minutes.*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

**Eating Right** The best fruit or vegetable is a fresh one and many favorites are in season in May. During this time of year, you can eat fresh blackberries, blueberries, cucumbers, tomatoes, peaches and plums. Eating fresh foods like these daily will help your body and mind operate at their best!



Turkey & Cheese Wrap  
Cucumber slices  
W/Ranch  
Fruit  
Milk **1**

Out of School **2**

### *Good Eats at*

Clarendon CISD  
Cafeteria

Chicken - Quesadilla  
Black Beans  
Baby Carrots  
Salsa  
Orange, Milk **5**

Pizza Dippers  
Salad  
Apple Slices  
Baby Carrots  
Milk **6**

Steak Fingers  
Mashed Potatoes  
Gravy  
Green Beans  
Apple-Pineapple  
D'Lite, Milk **7**

Taco Salad  
W/Tortilla Chips  
Corn  
Snowball Salad  
Milk **8**

Pepperoni Pizza  
Salad  
Fresh veggie cup  
Mixed Fruit  
Milk **9**

### *Special Announcements*

Cheese Enchiladas  
Refried Beans  
Salad, Salsa  
Cinn. Apples  
Milk **12**

Stromboli  
Potato Rounds  
Fresh veggie cup  
Fruit  
Milk **13**

Toasted Ham & Cheese on Fish-shaped bread  
Veg. Soup  
Baby Carrots  
Fruit, Milk **14**

Meatball Sub  
Salad  
Green Beans  
Apple Slices  
Crispy Treat  
Milk **15**

Beef & Bean Burrito  
Corn  
Baby Carrots  
Sliced Peaches  
Milk **16**

Turkey & Cheese Wrap  
Charro Beans  
Corn, Salsa  
Orange Smiles  
Milk **19**

Beef & Cheese Chalupas  
Salsa, Salad  
Refried Beans  
Applesauce  
Milk **20**

Chicken nuggets  
W/gravy  
Mashed Potatoes  
Green Beans  
Strawberries  
Milk **21**

Chicken Spaghetti  
Salad  
Baby Carrots  
Apple Slices  
Breadstick  
Milk **22**

Fish Sticks  
Sweet potato fries  
Coleslaw  
Sliced Peaches  
Milk **23**



COMMISSIONER TODD STAPLES  
TEXAS DEPARTMENT OF AGRICULTURE

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Out of School **26**

Pizza  
Corn  
Salad  
Fruit  
Milk **27**

Corndog  
Baked Beans  
Tomato & cucumber cup  
Fruit  
Milk **28**

Sandwich, Chips  
Fruit snack  
Fresh fruit  
Milk  
(Same price as lunch) **29**

Sandwich, Chips  
Fruit snack  
Fresh fruit  
Milk  
(Same price as lunch) **30**

**Fun Fact!** Did you know kale is a leafy green vegetable that is full of vitamins? It's related to cabbage, broccoli, collard greens and Brussels sprouts. You might spot it in smoothies, salads or even on pizza.