

May 2015

Score BIG

with a **HEALTHY TEXAS MEAL**

Kids, peaches are in season! Did you know that peaches belong to the rose family? That explains their pleasant fragrance. They are a good source of vitamins A and C. Make sure to give this sweet treat a try this month!

Monday

Tuesday

Wednesday

Thursday

Friday

Texas Scores Big,

There are more than one million peach trees planted statewide, making them one of the leading fruit crops of Texas.

Kellogg's Jumpstart

Steak Fingers Or
Popcorn Chicken
Mashed Potatoes
Green Beans
Chilled Fruit
Hot Roll
Cold Milk

4

Breakfast Wrap

Soft Taco Or
Beef & Bean Burrito
Seasoned Corn
Fresh Garden Salad
Frozen Fruit Cup
Cold Milk

5

Frudel

Mini Corn Dog Or
Fruit Plate w/Yogurt
Baked Beans
Baby Carrots w/Dip
Chilled Fruit
Cold Milk

6

Muffin

Wedge Pizza Or
Baked Potato w/Roll
Broccoli w/Cheese
Fresh Garden Salad
Fresh Fruit
Cold Milk

7

Mini Pancakes

Chicken Sandwich Or
Grilled Cheese
Sweet Potato Bites
Let. Tom. Pickles
Chilled Fruit
Cold Milk

8

Good Eats at



Special Announcements

Willis ISD Child Nutrition Department now offers two great programs online!

Free & Reduced Meal Applications at
www.mealappnow.com/manwil

Lunch Money Now at
www.lunchmoneynow.com/lmnwil



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

French Toast

Cheese Sticks with
Marinara Or
Meatballs & Spaghetti
California Vegetables
Chilled Fruit
Breadstick
Cold Milk

11

Pancake on a Stick

Turkey and Cheese Box
Lunch Or
Baked Potato/Roll
Green Beans
Fresh Garden Salad
Fresh Fruit
Cold Milk

12

Breakfast Bun

Chicken Smackers Or
Grilled Chicken Salad
Pinto Beans
Glazed Carrots
Chilled Fruit
Hot Roll
Cold Milk

13

Cinnamon Roll

Four Cheese Pizza Or
Baked Potato/Roll
Broccoli & Carrots
With Dip
Fresh Garden Salad
Fresh Fruit
Cold Milk

14

Kolache

Hamburger
Or
Mini Corn Dog
Shoestring Fries
Let. Tom. Pickles
Chilled Fruit
Cold Milk

15

Kellogg's Jumpstart

Chicken Alfredo
Or
Grilled Chicken Salad
California Vegetables
Chilled Fruit
Garlic Toast
Cold Milk

18

Breakfast Flatbread

Pop Corn Chicken & Roll
Or
Quesadilla
Seasoned Corn
Fresh Garden Salad
Frozen Fruit Cup
Cold Milk

19

Frudel

Fruit Plate w/Yogurt
Or
BBQ Sandwich
Baked Beans
Baby Carrots w/Dip
Chilled Fruit
Cold Milk

20

Muffin

Personal Pizza
Or
Baked Potato/Roll
Cauliflower/Cheese
Fresh Garden Salad
Fresh Fruit
Cold Milk

21

Mini Pancakes

Chicken Sandwich
Or
Grilled Cheese
Sweet Potato Bites
Let. Tom. Pickles
Chilled Fruit
Cold Milk

22

Student Holiday

25

Pancake on a Stick

Beef Tips Or
Steak Fingers
Mashed Potatoes
Fresh Garden Salad
Fresh Fruit
Hot Roll
Cold Milk

26

Breakfast Bun

Chicken Smackers Or
Fish Sticks
Macaroni & Cheese
Green Beans
Baby Carrots w/Dip
Chilled Fruit
Hot Roll
Cold Milk

27

Strawberry Mini Bagel

Four Cheese Pizza Or
Baked Potato/Roll
California Blend
Fresh Garden Salad
Frozen Fruit Cup
Cold Milk

28

Kolache

Hamburger Or
Mini Corn Dog
Shoestring Fries
Let. Tom. Pickles
Chilled Fruit
Cold Milk

29

"Peach Butter" Recipe

2 quarts peaches
peeled, pitted, chopped

3 cups apple cider

1 cup white grape juice
concentrated, simmered down from 2 cups

2 Tbsp. lemon juice

1/4 to 1/2 tsp. almond extract (optional)

For cooking instructions visit
www.texaspeaches.com/recipes.html



June 2015

Score

BIG

with a HEALTHY TEXAS MEAL

Kids, it's tomato season!

Tomatoes can add flavor and nutrition to any meal. They have vitamin A, which can be good for vision. Make sure you give this healthy treat a try this month!

Monday

Kellogg's Jumpstart

Steak Fingers Or
Surprise Entree
Mashed Potatoes
Green Beans
Chilled Fruit
Hot Roll
Cold Milk

1

Tuesday

Breakfast Wrap

Soft Taco Or
Surprise Entree
Seasoned Corn
California Blend
Frozen Fruit Cup
Cold Milk

2

Wednesday

Frudel

Mini Corn Dog Or
Surprise Entree
Baked Beans
Glazed Carrots
Chilled Fruit
Cold Milk

3

Thursday

Muffin

Four Cheese Pizza
Baby Carrots
Frozen Fruit Cup
Cold Milk

4

Friday

Good Eats at



Summer
Break

Special Announcements

Early Release
June 3rd & 4th

Last Day of School
June 4th



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

"Salsa" Recipe

2 cups tomatoes,
chopped (about 4 tomatoes)
1 Tbsp. cilantro, chopped
1 Tbsp. red onion, chopped
2 tsp. lime juice
salt to taste

For cooking instructions visit
<http://weelicious.com/kiddie-salsa>



Texas Scores Big Did you know that there are more than 10,000 varieties of tomatoes worldwide? Many of those varieties can grow right here in Texas! Next time you visit the grocery store, spot the **GO TEXAN** mark—it identifies Texas products. That way you know you are eating a tomato grown in the Lone Star State.

