

May 2015

# Score BIG

with a **HEALTHY TEXAS MEAL**

Monday

Tuesday

Wednesday

Thursday

*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!

## 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

### French Toast

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

11

### Kellogg's Jumpstart

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

18

### Student Holiday

25

### Breakfast Wrap

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

5

### Pancake on a Stick

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

12

### Breakfast Flatbread

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

19

### Pancake on a Stick

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

26

### Frudel

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

6

### Breakfast Bun

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

13

### Frudel

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

20

### Breakfast Bun

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

27

### Muffin

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

7

### Cinnamon Roll

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

14

### Muffin

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

21

### Strawberry Mini Bagel

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

28

Friday

### Kolache

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

1

### Mini Pancakes

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

8

### Kolache

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

15

### Mini Pancakes

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

22

### Kolache

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

29

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](http://www.mealappnow.com/manwil)

Lunch Money Now at [www.lunchmoneynow.com/lmnwil](http://www.lunchmoneynow.com/lmnwil)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

## "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](http://www.texaspeaches.com/recipes.html)

June 2015

Score

**BIG**

with a **HEALTHY TEXAS MEAL**

Monday

Kellogg's Jumpstart

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

Tuesday

Breakfast Wrap

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

Wednesday

Frudel

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

Thursday

Muffin

Four Cheese Pizza  
Baby Carrots  
Frozen Fruit Cup  
Cold Milk

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!

Friday

Good Eats at



# Summer

# Break

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

*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.

### Special Announcements

Early Release  
June 3<sup>rd</sup> & 4<sup>th</sup>

Last Day of School  
June 4<sup>th</sup>

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>

