

APRIL 2018

MON

TUE

WED

THUR

FRI

Breakfast Pizza

Taquitos & Queso

Pinto beans
Seasoned corn
Seasonal fruit 2

Mini Pancakes

Chili cheese combo
(tater tots, chili, cheese, cornbread)
Fresh veggie cup
Mixed fruit 3

Cereal

Chicken nuggets

Mac-n-cheese
Green beans
Peaches 4

Sausage Kolache

Pizza

Seasoned corn
Fruity jello 5

French Toast Sticks

Cheeseburger

Hamburger garnish
Cucumber slices
Cinnamon applesauce 6

Breakfast Sandwich

Steak fingers

Gravy
Mashed potatoes
Roll
Strawberry cup 9

Pancake Wrap

French Bread Pizza

California blend
veggies
Fruit Cup 10

Breakfast Muffin

Boneless chicken wings

Celery sticks
Carrots sticks
Apple slices 11

Breakfast Boat

Chicken quesadilla

Refried beans
Salsa
Orange smiles 12

Waffle

Popcorn chicken

Roll
Broccoli bites
Oven fries
Fresh seasonal 13

No School

16

Breakfast Sandwich

Crispy tacos

Sliced fresh veggies
Pinto beans
Peaches 17

Cereal

Ravioli

Garden salad
Pears 18

Chicken-n-biscuit

Hot dog

Oven fries
Baby carrots
Orange smiles 19

Muffin Top

Pulled pork sliders

Garden salad
Green beans
Pineapple tidbits 20

Breakfast Pizza

Corndog

Tater tots
Baked beans
Apple slices 23

Mini Pancakes

Nachos grande

Refried beans
Salsa
Cucumber slices
Peaches 24

Breakfast Loaf

Chicken sandwich

Oven fries
Sliced fresh
veggies
Mandarin oranges 25

Sausage kolache

Hamburger steak

Biscuit
Roasted potatoes
Brown gravy
Fruity jello 26

Cereal

FIELD DAY!

27

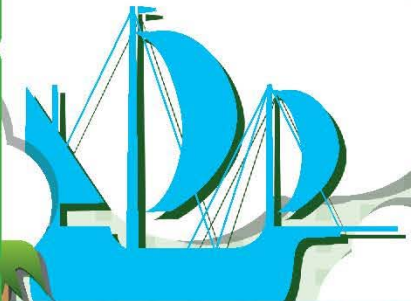
Breakfast sandwich

Country fried steak strips

Gravy
Mashed potatoes
Roll
Strawberry cup 30

+200
+100
+50

Good Eats at:
Head Start Prek



SPECIAL ANNOUNCEMENTS

Breakfast free PK-8,
\$1.75 grades 9-12
Lunch: \$3.00 paid, \$4.00 reduced
\$3.75 for non-students, adults

Breakfast is served with a choice of milk, juice and fruit.

Lunch is served with a choice of milk.

Menu is subject to change without notice due to weekly delivery.

Fun facts on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



APRIL 2018

MON

TUE

WED

THUR

FRI

Breakfast Strudel

Taquitos & Queso

Pinto beans
Seasoned corn
Salsa
Seasonal fruit
Fruit crisp

2

Mini pancakes

**Chili cheese combo
(tater tots, chili,
cheese, cornbread)**

Fresh veggie cup
Mixed fruit

3

Breakfast Muffin

Chicken nuggets

Mac-n-cheese
Green beans
Garden salad
Grapes

4

Sausage Kolache

Pizza

Seasoned corn
Tiny tomato cup
Fruity jello

5

French toast sticks

**Cheeseburger/
Hamburger garnish**

Cucumber slices
Baby carrots
Cinnamon applesauce
Cookie

6

Mini Cinnis

Steak fingers

Gravy
Mashed potatoes
Carrot coins
Roll

Strawberries & banana

8

Pancake wrap

French Bread Pizza

Marinara sauce
Garden salad
California blend veggies
Fruit cup
Pudding

10

Breakfast muffin

**Boneless chicken
wings**

Celery sticks
Carrots sticks
Apple Slices
Brownie

11

Breakfast Boat

Chicken quesadilla

Corn
Refried beans
Salsa
Orange smiles

12

Waffle

Popcorn chicken

Roll
Broccoli bites
Oven fries
Fresh seasonal fruit

13

**No
School**

16

Breakfast sandwich

Crispy tacos

Fresh veggie cup
Pinto beans
Lettuce/tomato garnish
Salsa
Peaches

17

Mini donuts

Ravioli

Garden salad
Tuscan veggies
Breadstick
Pears

18

Chicken-n-biscuit

Hot dog

Oven fries
Baby carrots
Orange smiles

19

Muffin top

Pulled pork sliders

Garden Salad
Green beans
Pineapple tidbits

20

Breakfast strudel

Corndog

Tater tots
Baked beans
Apple slices

23

Mini pancakes

Nachos grande

Refried beans
Salsa
Tiny tomato cup
Cucumber slices
Peaches

24

Breakfast muffin

Chicken sandwich

Oven fries
Fresh veggie cup
Mandarin oranges
Lime sherbet

25

Sausage Kolache

Hamburger steak

Roasted potatoes
Brown gravy
Biscuit
Garden salad
Fruity jello

26

Mini Donuts

**FIELD
DAY!**

27

Mini cinnis

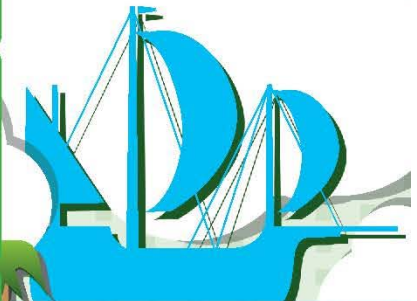
Country fried steak

Gravy
Mashed potatoes
Okra
Roll
Strawberry cup

30

Good
Eats at:

Henrietta ISD K-8



**SPECIAL
Announcements**

Breakfast free PK-8,
\$1.75 grades 9-12
Lunch: \$3.00 paid, \$.40
reduced
\$3.75 for non-students,
adults

Breakfast is served with a
choice of milk, juice and
fruit.

Lunch is served with a
choice of milk.

Menu is subject to change
without notice due to
weekly delivery.

+200

+100

+50

Fun facts
on back!

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



APRIL 2018

MON

TUE

WED

THUR

FRI

Early bird sandwich
Taquitos & Queso
Pinto beans
Seasoned corn
Salsa
Seasonal fruit
Fruit crisp **2**

Pancake & bacon
Steak fingers
Gravy
Mashed potatoes
Carrot coins
Strawberries/bananas
Roll **9**

NO SCHOOL
16

Pancakes/sausage
Corndog
Tater tots
Baked beans
Apple slices **23**

Waffles/bacon
Country fried steak
Gravy
Mashed potatoes
Okra
Roll
Strawberry cup **30**

Chicken-n-biscuit
Chili cheese combo
(tater tots, chili, cheese, cornbread)
Fresh veggie cup
Mixed fruit **3**

Sunrise sandwich
French bread pizza
Marinara sauce
Garden salad
California blend veggies
Fruit cup
Pudding **10**

Breakfast Taquito
Crispy tacos
Spanish rice
Fresh veggie cup
Pinto beans
Salsa
Peaches **17**

Breakfast burrito
Hash browns
Nachos grande
Refried beans
Salsa
Tiny tomato cup
Cucumber slices
Peaches **24**

Pancake wrap
Chicken nuggets
Mac-n-cheese
Green beans
Garden salad
Grapes **4**

French toast sticks
Sausage
Boneless chicken wings
Multigrain chips
Celery sticks
Carrot sticks
Apple Slices
Brownie **11**

Waffle & Sausage
Ravioli
Garden salad
Tuscan veggies
Breadstick
Pears **18**

Biscuit/scrambled eggs/bacon
Chicken sandwich
Oven fries
Fresh veggie cup
Mandarin oranges
Lime sherbet **25**

Biscuit, gravy, eggs & bacon
Pizza
Corn
Tiny tomato cup
Fruity jello **5**

Breakfast parfait
Chicken quesadilla
Spanish rice
Corn
Refried beans
Salsa
Orange smiles **12**

Breakfast Pizza
Hot dog
Oven fries
Baby carrots
Orange smiles **19**

Sausage kolache /yogurt
Hamburger steak
Roasted potatoes
Brown gravy
Biscuit
Garden salad
Fruity jello **26**

Donuts
Hamburger/cheeseburger garnish
Cucumber slices
Baby carrots
Cinnamon applesauce
Cookie **6**

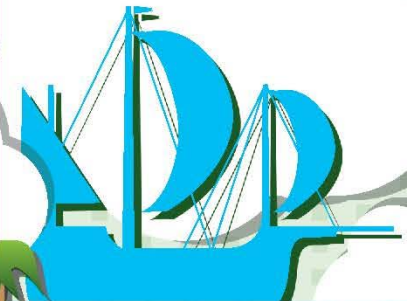
Breakfast burrito & Hash browns
Popcorn chicken
Roll
Broccoli bites
Oven fries
Fresh seasonal fruit **13**

Donut holes/sausage
Pulled pork sliders
Garden Salad
Green beans
Pineapple tidbits **20**

Breakfast club
Ham & cheese melt
Multigrain chips
Baby carrots
Broccoli
Seasonal fruit
Brownie **27**

Good Eats at:

Henrietta High School



SPECIAL ANNOUNCEMENTS

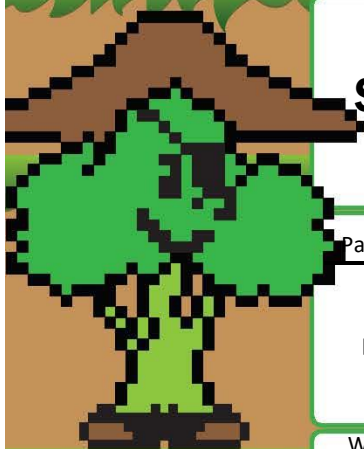
Breakfast free PK-8, \$1.75 grades 9-12
Lunch: \$3.00 paid, \$.40 reduced
\$.375 for non-students, adults

Breakfast is served with a choice of milk, juice and fruit.

Lunch is served with a choice of milk.

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+200
+100
+50



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This product was funded by USDA. This institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

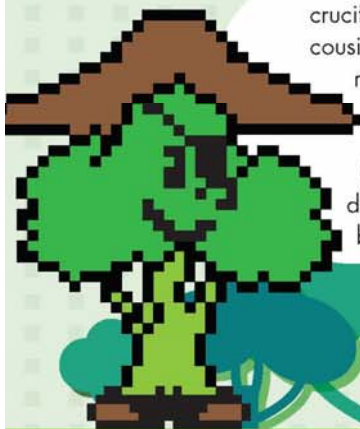


Healing HERO

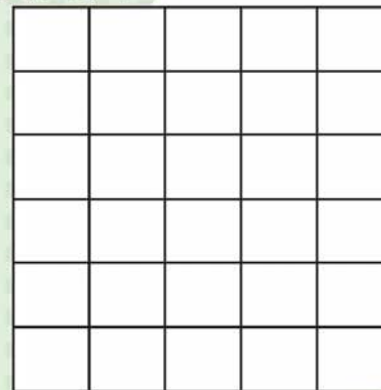
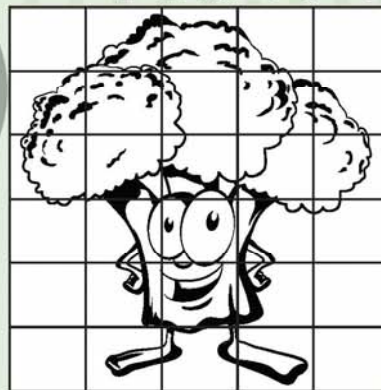
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.



Draw Captain Broccoli's FIRST MATE



FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



Chicken and Broccoli BAKE

Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

A: Count Broccula

INGREDIENTS

- 1 cup rice, uncooked
- 1 broccoli, frozen (10 ounce package)
- 3 cups chicken, cooked
- 2 tablespoons margarine (or butter)
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

PREPARATION

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

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

+200



+100

