

JULY

2020

TDA's June 2020 Menu Calendar



M

I'm
MIGHTY MINDY

T

B-Bolied Egg,
Toast, Mango, Milk
L-Turkey & Cheese
Sub, Green Beans,
Banana, Milk
S-Goldfish 1

W

B-Cheerios, Toast,
Apples, Milk
L-Beef Spaghetti,
Carrots, Apricots,
Bread, Milk
S-Watermelon Chunk 2

TH

B-Biscuit, Turkey
Sausage, Oranges,
Milk
L-Chicken Fajita,
Pinto Beans,
Pineapple, Milk
S-Cauliflower 3

F

**GOOD
EATS AT**

50% Whole Grain products
served
Real Butter, syrup, and jelly
served with breakfast
grains as needed
Milk Choices: 1%, whole
and Skim
Canned Fruit is lightly
drained
All Vegetables are steamed

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

STARTING JUNE 1
For A Meal Near You,
Call 211
OR
Text
FOODTX to 877-871

B-Cheerios, Toast,
Oranges, Milk
L-Cheese Pizza,
Salad w/ranch,
Peaches, Milk
s-Cheese Nips 6

B-Toast, Cheese,
Applesauce, Milk
L-Beef Soft Taco,
Green Beans,
Apricots, Milk
S-Strawberries 7

B-Cornchex, Toast,
Mango, Milk
L-Meatballs
w/gravy, Mash
Potato, Roll, Pears,
Milk, S- Broccoli 8

B-French Toast,
Turkey Sausage,
Baked Apples, Milk
L-Turkey Taco
Burger, Pinto
Beans, Pineapple,
Milk S-Yogurt 9

B-Rice Chex, Toast,
Banana, Milk
L-Fish Shapes,
Sweet Potato Fries,
ketchup, Mixed
Fruit, Milk
S-Animal Crackers 10

**SPECIAL
ANNOUNCEMENTS**

Vegetarian Options:
07/01- Toasted Cheese
07/02, 21, 28- Veggie Spaghetti
07/03, 16, 29- Cheese Quesadilla
07/07, Veggie Taco
07/08, 15- Veggie Balls
07/09- Veggie Taco Burger
07/10, 14, 20, 31- Veggie
Nuggets
07-17, 24- Veggie Pattie

B-KIX, Toast,
Oranges, Milk
L-Toasted
Cheese, Corn,
Applesauce, Milk
S-Teddy Cubs 13

B-Egg Omelet,
Toast, Mango, Milk
L-Chicken Alfredo,
steamed Broccoli,
Pineapple, Milk
S-Pears, fresh 14

B-Cheerios, Toast,
Banana, Milk
L-Meatballs
w/sauce, Salad,
Peaches, Roll, Milk
S-Cucumber slices 15

B-Toast, Turkey
Sausage, Baked
Apples, Milk
L-Chicken Fajitas,
Black Beans, Apricots,
Milk
S-Chex Mix Cheddar 16

B-Cornchex, Toast,
Strawberries, Milk
L-Salisbury Steak
on Bun, Carrots,
Mixed Fruit, Milk
S-Cantaloupe Cube 17

B-Cheerios, Toast,
Oranges, Milk
L-Chicken Nuggets,
Green Beans,
Pears, Roll, Milk
S-Cheese/ Cracker 20

B-Pancake, Turkey
Sausage, Peaches,
Milk
L-Beef Rotini,
Spinach, Apricots,
Roll, Milk
S-Watermelon Chunk 21

B-Cornchex, Toast,
Banana, Milk
L-Meatloaf, Corn,
Mixed Fruit, Roll,
Milk
S-Pears, Fresh 22

B-Biscuit, Turkey
Sausage, Baked
Apples, Milk
L-Turkey Taco
Burger, Pinto
Beans, Pineapple,
Milk S-Cauliflower 23

B-KIX, Toast,
Strawberries, Milk
L-Hamburger,
Sweet Potato Fries,
ketchup, Apples,
Milk
S-Animal Crackers 24

B-Cheerios, Toast,
Oranges, Milk
L-Cheese Pizza,
Salad w/ranch,
Peaches, Milk
S-Graham Cracker 27

B-Boiled Egg,
Toast, Mango, Milk
L-Beef Spaghetti,
Carrots, fresh Pears
Bread, Milk
S-Cantaloupe Cube 28

B-Rice Chex, Toast,
Banana, Milk
L-Chicken Fajitas,
Pinto Beans,
Pineapple, Milk
S-Broccoli w/ranch 29

Closed

30

B-Turkey Sausage,
Toast, Mixed Fruit,
Milk
L-Chicken Nuggets,
Corn, Apples, Roll,
Milk
S-Goldfish 31



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

MIGHTY MINDY mushroom

Mindy the button mushroom was the smallest of her many mushroom friends, but her small size didn't stop her from being mighty!

When she was a little spore an earthquake hit the Healthyville farm and shook Mindy from the ground. She was thrown into the air and twisted, twirled, and flipped all around before landing on her feet. The other mushrooms were in awe of her athletic ability. Mighty Mindy uses her super power to show kids how to eat healthy to be active!

WHAT TO KNOW

Mushrooms are low in calories and fat, and provide selenium, potassium, and B vitamins like folate, riboflavin, thiamine, niacin, and pantothenic acid. Your body needs folate for proper growth and development and for healthy brain function.



MIGHTY MINDY'S FAVORITE ACTIVITIES
Doing Cartwheels and Somersaults

FUN FACT

Mushrooms are classified as vegetables, but they are actually not plants, they are fungi.

POWER FUNGI FLIPS



MATCHING

Mindy has several members in her mushroom family—Mindy is a little button mushroom, her big brother is a portabello mushroom, and her sister is a shiitake mushroom. They are all mushrooms, but each one has its own look and personality. Can you help label Mindy's family photos? Draw a line across to match the name to the picture.

JOKE OF THE MONTH

Q: What's an airplanes favorite mushroom?

A: Air-portabella.



Small
BUTTON MUSHROOM



Brown
SHIITAKE MUSHROOM



Big Cap
PORTABELLO MUSHROOM

