

I'm **TAMIKA**
Terrific

JUNE

2020



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

M

B-Cheerios, Toast, Mangos, Milk
L-Cheese Pizza, Carrots, Peaches, Milk
S-Graham Crackers **1**

B-Corn Chex, Toast, Oranges, Milk
L-Toasted Cheese, steamed Broccoli, Mixed Fruit, Milk
S-Animal Crackers **8**

B-Turkey Sausage, Toast, Oranges, Milk
L-Fish Shapes, Sweet Potato Fries, Peaches Roll
S-Teddy Cubs **15**

B-Corn Chex, Toast, Mango, Milk
L-Cheese Pizza, Romaine + Tomato Salad w/ranch Apples, Milk
S-Yogurt **22**

B-Cheerios, Toast, Oranges, Milk
L-Chicken Nuggets, Corn, Pears, Roll, Milk
S-Graham Crackers **29**

T

B-Toast, Turkey Sausage, Strawberries, Milk
L-BBQ Sandwich, Green Beans, Pineapple, Milk
S-Yogurt **2**

B-Toast, Cheese, Applesauce, Milk
L-Sloppy Joe on Bun, Green Beans, Peaches, Milk
S-Fresh Pears **9**

B-Corn Chex, Toast, Mango, Milk
L-Sweet + Sour Chicken, Green Beans, Pineapple Roll, Milk
S-Apples **16**

B-Waffles, Turkey Sausage, Peaches, Milk
L-Beef Soft Taco, Pinto Beans, Mixed Fruit, Milk
S-Fresh Pears **23**

B-French Toast, Turkey Sausage, Baked Apples, Milk
L-Toasted Cheese, Salad, Applesauce, Milk
S-Strawberries **30**

W

B-KIX cereal, Toast, Oranges, Milk
L-Meatballs w/gravy, Mash Potato, Pears, Roll, Milk
S-Cucumber Slices **3**

B-Rice Chex, Toast, Banana, Milk
L-Salisbury Steak, Mash Potato, Pears, Roll, Milk
S-Cauliflower w/ranch **10**

B-Toast, Egg Omelet, Banana, Milk
L-Meatball w/sauce, Corn, Mixed Fruit, Milk
S-Broccoli Bites **17**

B-Cheerios, Toast, Banana, Milk
L-Meatloaf, Corn, Apricots, Roll, Milk
S-Cucumber Slices w/ranch **24**

TH

B-Boiled Egg, Toast, Banana, Milk
L-Turkey Taco Burger, Black Beans, Apricots, Milk
S-Watermelon Cubes **4**

B-French Toast, Turkey Sausage, Strawberries, Milk
L-Chicken Fajita, Black Beans, Pineapple, Milk
S-Cheese Nips **11**

B-Pancake, Turkey Sausage, Baked Apples, Milk
L-Turkey Taco Burger, Pinto Beans, Apricots, Milk
S-Watermelon Cubes **18**

B-Toast, Cheese, Applesauce, Milk
L-Beef Rotini, Green Beans, Pineapple, Roll, Milk
S-Cantaloupe Cubes **25**

F

B-Biscuit, Turkey Sausage, Apples, Milk
L-Turkey + Cheese Sub, raw Broccoli, Mixed Fruit, Milk
S-Cheddar Chex Mix **5**

B-KIX cereal, Toast, Pears, Milk
L-Hamburger, Sweet Potato Fries, ketchup, Apricots, Milk
S-Cantaloupe **12**

B-KIX cereal, Toast, Strawberries, Milk
L-Turkey & Cheese Sub, Broccoli w/ranch, Pears, Milk
S-Goldfish **19**

B-KIK cereal, Toast, Oranges, Milk
L-Hamburger, Sweet Potato Fries, ketchup, Watermelon, Milk
S-Cheddar Chex Mix **26**

SPECIAL ANNOUNCEMENTS

Vegetarian Options:
06/02- BBQ Veggie Nuggets
06/03, 17-Veggie Balls
06/04, 18, 23- Veggie Tacos
06/05, 19- Toasted Cheese
06/09- Veggie Sloppy Joe
06/10, 12, 24, 26- Veggie Patty
06/11, 15, 29-Veggie Nuggets
06/16- Sweet + Sour Veggie Nuggets
06/25- Veggie Spaghetti



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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

TAMIKA TERRIFIC

Tomato

Thousands of years ago in an ancient kingdom, the queen commanded her nutrition magician to create a natural food to keep her young. The magician combined an orange blossom for vitamin C, a green leaf for vitamin K and a pinch of potassium, vitamin A, folate a phytonutrients and Tamika the Terrific Tomato was born. She shifts her shape and spreads her powers to all tomatoes so they can help people stay healthy.



**POWER
SHAPE
SHIFTING**

WHAT TO KNOW

Tomatoes are the most popular garden vegetable in Texas. Tomatoes are delicious eaten by themselves or they can make a tasty addition to foods like sandwiches, pasta, and salads and can be used to make sauces and soups. They are a very good source of vitamins C and A.

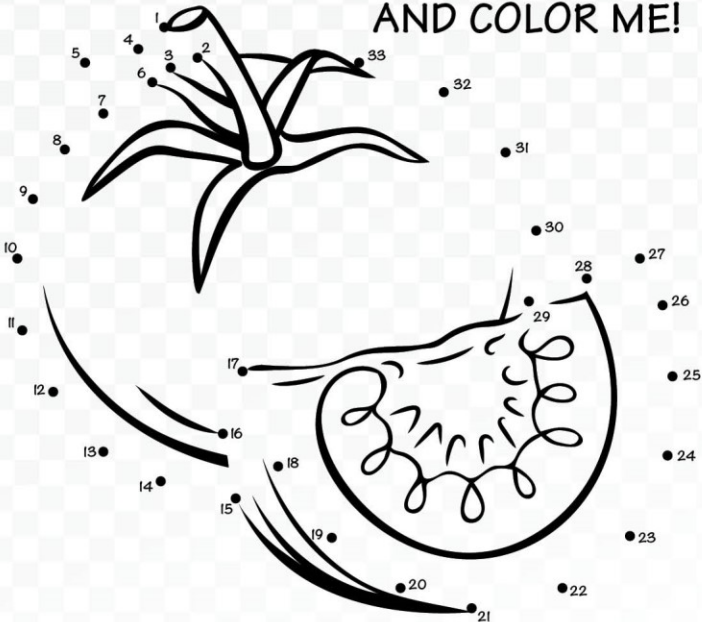
HELPING OUT AT HOME!

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.



**TAMIKA'S
FAVORITE
ACTIVITIES**
Playing hide and seek

CONNECT THE DOTS AND COLOR ME!



JOKE OF THE MONTH

Q: How do you fix a broken tomato?

A: With tomato paste

FUN FACT

The average Texan eats 22 pounds of tomatoes every year.