

MAY 2018

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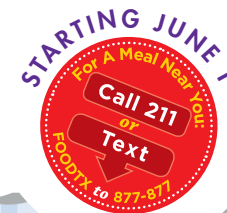
Good Eats at:
Timber Wolf Cafe

'YOU ART WHAT YOU EAT'
ART CONTEST
CREATE & ENTER!
ENDS MAY 15!
squaremeals.org/artcontest

Special Announcements
Daily Entree' Alternates

<p>Pop Tarts Chicken Nuggets Cheesy Broccoli Sliced Carrots Fruit Milk</p> <p style="text-align: right;">7</p>	<p>French Toast Parmesan Chicken Green Beans Diced Carrots Fruit Milk</p> <p style="text-align: right;">8</p>	<p>Kolache Crunchy Tacos Spanish Rice Refried beans Fruit Milk</p> <p style="text-align: right;">9</p>	<p>Breakfast Pizza Salisbury Steak Potatoes/Gravy Green Peas/Rolls Fruit Milk</p> <p style="text-align: right;">10</p>	<p>Donuts Cheeseburgers Chips Salad Cup Fruit Milk</p> <p style="text-align: right;">11</p>
<p>Pop Tarts Chicken Nuggets Cheesy Broccoli Sliced Carrots Fruit Milk</p> <p style="text-align: right;">14</p>	<p>French Toast Chicken Crisпитos Ranch Beans Chuckwagon Corn Fruit Milk</p> <p style="text-align: right;">15</p>	<p>Sausage Biscuit Steak Fingers Potatoes/Gravy Green Beans Fruit/Rolls Milk</p> <p style="text-align: right;">16</p>	<p>Breakfast Burrito Pulled Pork Sandwich Baked beans Coleslaw Fruit Milk</p> <p style="text-align: right;">17</p>	<p>Honey Buns Hamburgers French Fries Salad Cup Fruit Milk</p> <p style="text-align: right;">18</p>
<p>Pastries Chicken Sandwich Sweet Pot Cass Yellow Squash Fruit Milk</p> <p style="text-align: right;">21</p>	<p>French Toast Soft Tacos Refried Beans Spanish Rice Fruit/Milk</p> <p style="text-align: right;">22</p>	<p>Kolache Meatball Subs French Fries Spinach Fruit Milk</p> <p style="text-align: right;">23</p>	<p>Waffles/Sausage Hot Dogs Chips Sliced Apples Milk</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>
<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>	

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



+200
+100
+50



BLUEBERRIES

Bobby Blueberry here. Plump, juicy and sweet, my brothers and I grow together on bushes in small clusters or groups. Each one of us is about the size of a marble and round in shape. We are pale greenish at first, then turn reddish-blue, and then dark blue when ready to eat. We mostly bloom any time between May and August. We're super easy to eat because you have to wash us but you don't need to peel us or remove a pit (a large seed in the center).



The Sweet LIFE

The darker our color, the sweeter we taste, so we go great in muffins, pies and other desserts. You may even find us on your breakfast cereal or in pancakes.

LAUNCH PAD

BLUEBERRY GROWING REGION

East Texas



Joke of the MONTH

Q: What do you call blueberries playing the guitar?

A: A jam session.

Blueberry MUFFINS



INGREDIENTS

½ cup vegetable oil • 1 cup sugar • 2 eggs • ½ cup milk, low-fat • 1 teaspoon vanilla • 2 cups flour • 2 teaspoons baking powder • ½ teaspoon salt • 2 cups blueberries (fresh or frozen)

PREPARATION

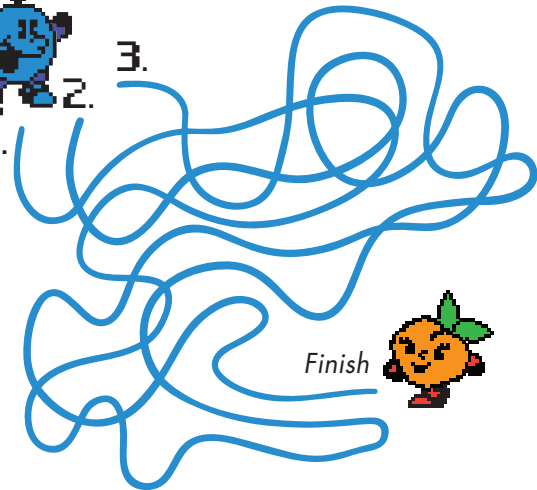
1. Preheat the oven to 375 degrees.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

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

MAZE

Help Bobby Blueberry meet up with Polly Peach in June.

Start



Finish



FUN FACT

Every year, almost 20,000 people come to the Annual Texas Blueberry Festival in Nacogdoches, Texas.