

# MAY 2018

MON

TUE

WED

THUR

FRI

## Good Eats at:

All Saints Catholic  
2006 N. Houston  
Fort Worth, TX 76164  
[www.ascsfw.org](http://www.ascsfw.org)

## 'YOU ART WHAT YOU EAT'

ART CONTEST  
CREATE & ENTER!  
ENDS MAY 15!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)

## SPECIAL ANNOUNCEMENTS

### LUNCH PRICES

Reduced \$0.40  
Student \$3.50  
Adult \$4.00

### A LA CARTE PRICES

Milk or Juice \$0.50  
Ice Dog Slushie \$1.00



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

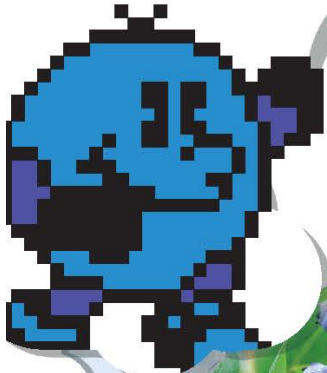
<p>Hot Dog Fries Tossed Salad Fruit Milk</p> <p>7</p>	<p>Ham &amp; Cheese Sandwich Salad Carrots Fruit Milk</p> <p>1</p>	<p>Crispy Beef Taco Shredded Romaine Tomato Spanish Rice Beans Fruit/Milk</p> <p>2</p>	<p>Lasagna Bread Salad Corn Fruit Milk</p> <p>3</p>	<p>Chicken Patty Roll Mashed Potatoes Carrots Fruit Milk</p> <p>4</p>
<p>Chicken Pasta Broccoli Corn Fruit Milk</p> <p>14</p>	<p>Super Nachos Bean Rice Fruit Milk</p> <p>8</p>	<p>Beef &amp; Bean Burrito Corn Salad Fruit Milk</p> <p>9</p>	<p>Hamburger on Bun Romaine Lettuce Tomato Slice Fries Fruit/Milk</p> <p>10</p>	<p>Chicken Wrap Spanish Rice Romaine Lettuce Tomato Slice Sautéed Zucchini Fruit/ Milk</p> <p>11</p>
<p>Hamburger on Bun Romaine Lettuce Tomato Slice Fries Fruit Milk</p> <p>21</p>	<p>Hamburger on Bun Romaine Lettuce Tomato Slice Fries Fruit Milk</p> <p>15</p>	<p>Macaroni &amp; Beef Green Beans Carrots Fruit Milk</p> <p>16</p>	<p>Chicken Patty Roll Mashed Potatoes Green Beans Fruit Milk</p> <p>17</p>	<p>Hot Dog Fries Tossed Salad Fruit Milk</p> <p>18</p>
<p>Memorial Day NO SCHOOL</p> <p>28</p>	<p>Pepperoni Pizza Corn Tossed Salad Cherry Tomato Fruit Milk</p> <p>29</p>	<p>Hot Dog Fries Tossed Salad Fruit Milk</p> <p>23</p>	<p>Crispy Chicken Taco Shredded Romaine Tomato Spanish Rice Beans Fruit/ Milk</p> <p>24</p>	<p>Macaroni &amp; Beef Green Beans Carrots Fruit Milk</p> <p>25</p>
	<p>Pepperoni Pizza Corn Tossed Salad Cherry Tomato Fruit Milk</p> <p>29</p>	<p>Hamburger on Bun Romaine Lettuce Tomato Slice Fries Fruit Milk</p> <p>30</p>	<p>Last Day of School Noon Dismissal NO LUNCH</p> <p>31</p>	

**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

+200  
+100  
+50

Fun facts on back!



# 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



## 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)

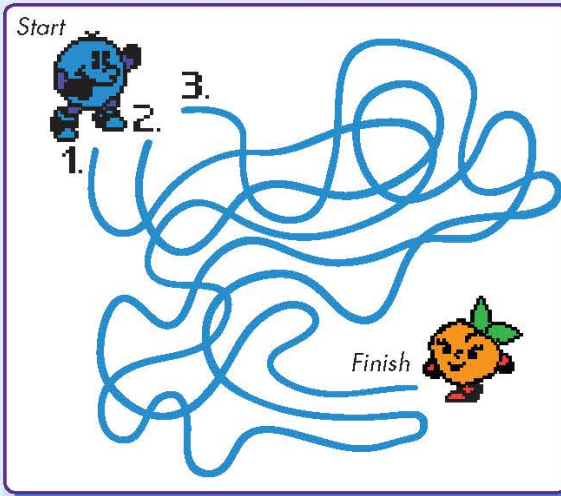
### PREPARATION

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](http://www.whatscooking.fns.usda.gov)

## MAZE

Help Bobby Blueberry meet up with Polly Peach in June.



## Joke of the MONTH

Q: What do you call blueberries playing the guitar?

A: A jam session.

## FUN FACT

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