

**JOIN  
LOGAN & MIA  
AS THEY DISCOVER  
THE GREAT PLATE  
OF TEXAS  
WITH HEALTHY  
SCHOOL MEALS!**



# MAY

**HAVE A VERY  
DAIRY  
MONTH!**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese Omelet Wrap or  
Breakfast Strudel  
w/Cheese stick

*Meat & Cheese Tostada,  
Sp. Rice, Salsa, Salad,  
Refried Beans,  
Applesauce*

2

Sausage Kolache or  
Oatmeal Round  
w/Yogurt

*Country Fried Steak,  
Mashed Potatoes,  
Gravy, Green Beans,  
Strawberry Cup, Roll*

3

Breakfast Pizza or Cereal  
& Toast

*Soft Tacos, Carrots  
w/Ranch, Mexicali Corn,  
Salsa, Orange Smiles,  
Cookie*

4

Cinnamon Roll & Bacon  
or Muffin & Yogurt

*Hamburger or  
Ch.Burger, HB garnish,  
Zesty Cucumbers, Oven  
Fries, Sliced Peaches*

5

Waffle & Sausage or  
Cereal & Toast

*Pizza Choice, Salad,  
Onion Rings, Apple Slices*

6

Pancakes & Bacon or  
Oatmeal Round &  
Yogurt

*Beef & Bean Burritos,  
Salsa, Corn, Veggie Cup,  
Mandarin Oranges*

9

Sunrise Sandwich or  
Cereal & Toast

*Nacho Grande, Refried  
Beans, Salsa, Petite  
Tomato Cup, Salad,  
Pears, Lime Sherbet Cup*

10

Biscuits, Gravy & Scr.  
Eggs or Muffin & Yogurt

*Corndogs, Baked Beans,  
Broccoli, Apple-  
Pineapple D'Lite*

11

Breakfast Burrito or  
Oatmeal Round &  
Yogurt

*Salisbury Steak, Biscuit,  
Gravy, Roasted  
Potatoes, Salad, Fruity  
Gelatin*

12

Oatmeal & Cinn. Toast  
or PBJ

*Hot Dogs, Corn Chips,  
Carrots w/Ranch,  
Crunchy Broccoli Salad,  
Grapes, Cookie*

13

**MANAGER'S  
CHOICE**

16

**MANAGER'S  
CHOICE**

17

**MANAGER'S  
CHOICE**

18

**MANAGER'S  
CHOICE**

19

**MANAGER'S  
CHOICE**

20

*Teacher Workday*

23

*Teacher Workday*

24

*Teacher Workday*

25

*Teacher Workday*

26

*Teacher Workday*

27

*Memorial Day*

30

31

**You Art What You Eat Art Contest**  
Create and enter today!  
Deadline is **May 20th, 2016.**  
[www.SquareMeals.org/ArtContest](http://www.SquareMeals.org/ArtContest)



## GOOD EATS AT:

### KLONDIKE ISD

A variety of milks, juices & fruits are offered daily with breakfast.  
A variety of milks & fruits are offered daily with lunch.

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## SPECIAL ANNOUNCEMENTS

- 1-Alg. I EOC
- 5-Biology & U.S. History EOC
- Ag Banquet-6:30
- 6-Ath. Physicals-8:00 am
- 9-STAAR Test-3, 4, 6, 7 Math
- 10-STAAR Test-3, 4, 6, 7 Reading & Eng. III
- 11-STAAR Test-5 & 8 Science & Alg. II
- 12-STAAR Test-8 Soc. Studies
- HS Exams & State Track Meet
- 13-HS Exams & 3-5 Field Trip-Sci. Spectrum State Track Meet
- 16-19-HS Field Trip (Ft. Davis)
- 16-Elm. Field Day
- 17-PK-2-Joyland & 3-5-Rockhounds game
- 18-Elm. Music Program
- 19-6-8 Fd. Trip & PK-5 Movie(Lamesa)
- 20-Early Out-12:15 **GRAD-7:00 pm**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA.  
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**IT'S MAY!** Start building strong teeth and bones by choosing calcium-rich dairy products, including cheese - part of the Great Plate of Texas!

SUBJECT: Cheese

CATEGORY: Dairy

GROWING REGIONS: Throughout Texas

WHERE TO FIND IT: In the supermarket and some farmers' markets.



DISTINGUISHING CHARACTERISTICS:

Cheese is a solid food-product that comes from milk. It has a wide variety of textures and forms, and two popular varieties eaten in Texas are mozzarella and cheddar.

WHAT TO KNOW:

Texas cheese is an excellent source of calcium, and also contains protein, zinc, Vitamins A and B12 making it a smart part of a healthy diet.

JOKE: Q: How do you make a mouse smile?

A: Say cheese!



**FUN FACT:**

It takes about 10 pounds of milk to make one pound of cheese.

**COMING IN JUNE:  
TOMATOES!**



DID YOU KNOW?:

A typical American eats about 23 pounds of cheese each year!



STARTING JUNE 1ST:

**HEALTHY  
SUMMER  
MEALS  
FOR KIDS**

No Cost For Kids 18 and Younger



EXPLORER'S NOTEBOOK:

The dairy industry is big in Texas. Texas dairies produce about 1 billion gallons of milk a year! Some of that milk is used to make cheeses, yogurts, butter and many other great-tasting products.

**ONE MOO-MENT,  
PLEASE.**



It takes 60 hours for a Texas cow to turn grass into milk.