

JULY

2020

TDA's June 2020 Menu Calendar



I'm
MIGHTY MINDY

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

STARTING JUNE 1
For A Meal Near You:
Call 211
or
Text
FOOTY to 877-871



Food and Nutrition Division | National School Lunch Program and School Breakfast Program

**GOOD
EATS AT**



**SPECIAL
ANNOUNCEMENTS**

M	T	W	TH	F
	Turkey Ham and Cheese on Croissant Fresh Fruit Juice Milk	Turkey and 2 Cheese Wedge Fresh Fruit Juice Milk	John Soules Chicken Sandwiches Mixed Berry Applesauce Fresh Fruit Milk	
		1	2	3
Turkey Ham and Swirl Roll Mixed Berry Applesauce Fresh Fruit Milk	Chicken, Turkey Ham and 2 Cheese Wedge Fresh Fruit Juice Milk	Turkey Ham and Cheese on Croissant Fresh Fruit Juice Milk	Turkey and 2 Cheese Wedge Fresh Fruit Juice Milk	John Soules Chicken Sandwiches Mixed Berry Applesauce Fresh Fruit Milk
6	7	8	9	10
Turkey Ham and Swirl Roll Mixed Berry Applesauce Fresh Fruit Milk	Chicken, Turkey Ham and 2 Cheese Wedge Fresh Fruit Juice Milk	Turkey Ham and Cheese on Croissant Fresh Fruit Juice Milk	Turkey and 2 Cheese Wedge Fresh Fruit Juice Milk	John Soules Chicken Sandwiches Mixed Berry Applesauce Fresh Fruit Milk
13	14	15	16	17
Turkey Ham and Swirl Roll Mixed Berry Applesauce Fresh Fruit Milk	Chicken, Turkey Ham and 2 Cheese Wedge Fresh Fruit Juice Milk	Turkey Ham and Cheese on Croissant Fresh Fruit Juice Milk	Turkey and 2 Cheese Wedge Fresh Fruit Juice Milk	John Soules Chicken Sandwiches Mixed Berry Applesauce Fresh Fruit Milk
20	21	22	23	24
Turkey Ham and Swirl Roll Mixed Berry Applesauce Fresh Fruit Milk	Chicken, Turkey Ham and 2 Cheese Wedge Fresh Fruit Juice Milk	Turkey Ham and Cheese on Croissant Fresh Fruit Juice Milk	Turkey and 2 Cheese Wedge Fresh Fruit Juice Milk	John Soules Chicken Sandwiches Mixed Berry Applesauce Fresh Fruit Milk
27	28	29	30	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



JOKE OF THE MONTH

Q: What's an airplanes favorite mushroom?

A: Air-portabella.

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.



Small
BUTTON MUSHROOM



Brown
SHIITAKE MUSHROOM



Big Cap
PORTABELLO MUSHROOM

