

JULY

2019

GOOD
EATS AT

I'm
**MIGHTY
RED**

B: Toast w/ jelly,
peaches, milk
L: Chicken burger, tots,
mixed fruit, milk
S: Corn Chips and bean
dip **1**

B: Kolache, Mixed
Fruit, Milk
L: Corn Dogs, Green
Beans, Applesauce, milk
S: Cucumber slices,
Crackers WW **2**

B: Biscuits w/ Jelly
Milk
L: Crispy Tacos, Pinto
Beans, Pears, Milk
S: Ritz Crackers &
Ham **3**

Closed
4th of
July **4**

B: Kix, Oranges, Milk
L: Turkey & Cheese
Sandwich,
Applesauce, Milk
S: Animal Crackers,
Juice **5**

B: Toast w/ Jelly
L: Frank-n-
beans, Peaches,
Milk
S: Chex Mix
and Juice **8**

B: Bagel w/ Cream Cheese,
Peaches, milk
L: Popcorn Chicken, Tater
tots, Pineapple, milk
S: Applesauce Graham
crackers. **9**

B: French Toast,
Pineapple,, milk
L: Bean Chalupa,
Lettuce, Tomato,
Peaches, Milk.
S: 1/2 Ham Sandwich **10**

B: Cinnamon Toast,
Peaches, Milk
L: Spaghetti w/ meat
sauce, Peas,
Pineapples, Milk
S: Baked apples w/
yogurt topping **11**

B: Corn Chex,
Pineapple, milk
L: Egg Roll, Rice
(WG), Peaches, Milk
S: Goldfish, Juice **12**

B: Cereal, Peaches, Milk
L: Turkey Sandwich,
Sun Chips, Applesauce,
Milk
S: Tortilla Chips &
Bean Dip **15**

B: Corn Chex,
Applesauce, Milk
L: Pizza, Corn, Pears,
Milk
S: Goldfish, Juice **16**

B: Cheerios, Pears, Milk
L: Bean and Cheese
Tacos, Pineapples, milk
S: Chex Mix, Juice **17**

B: Kix Cereal, Pineapple ,
milk
L: Chicken Burger, Carrot
Sticks, Mixed Fruit, Milk
S: Graham Crackers and
Juice **18**

B: Rice Chex, Mixed
Fruit, milk
L: Ham Sandwich,
Pretzel, Oranges,
Milk
S: Veggie Chips &
Cheese Cubes **19**

B: Toast w/ jelly,
Oranges, Milk
L: Ham and Cheese
roll up, Sun Chips,
Banana, milk
S: Graham Crackers
w/ chocolate humus **22**

B: Scrambled Eggs,
Applesauce, Milk
L: Meat Balls w/
gravy, mashed
potatoes, Corn, Milk
S: Baked Apples w/
yogurt topping **23**

B: Pancakes, pears, Milk
L: Enchilada Pie, Pinto
Beans, Spanish Rice,
Milk
S: Sweet and Salty
Cereal Mix, Juice **24**

B: Banana Muffin,
Peaches, Milk
L: Cheese
Tortellini, green
salad, milk
S: Tortilla Chips,
Bean Dip **25**

B: Biscuit & Sausage,
Milk
L: Corn Dog, Tater
Tots, Corn, Milk
S: Pretzels, juice **26**

B: Cheerios, Pears, Milk
L: Tater Tot Casserole,
Peaches, Corn, Milk
S: Cracker & Cheese **29**

B: Bagel W/ Cream
Cheese, Peaches,
Milk
L: Chili Mac, Pinto
Beans, Pineapples,
Milk
S: Chex Mix, Juice **30**

B: Biscuits w/ jelly,
Pineapples, Milk
L: Soft Tacos, Mixed
Fruit, Milk
S: Graham Crackers
& Juice **31**

SPECIAL
ANNOUNCEMENTS

CLOSED
JULY 4TH

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

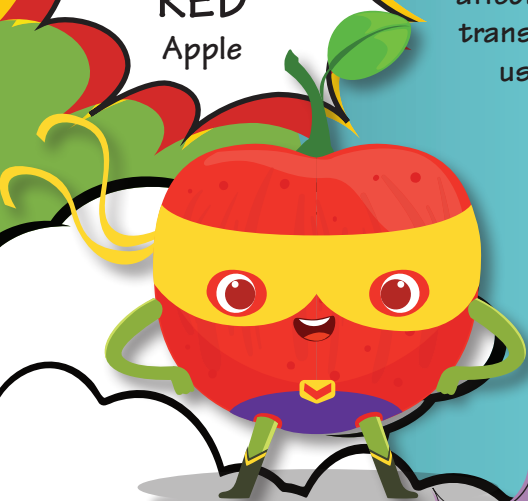


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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MIGHTY RED Apple



One day it rained so hard in Healthyville that an apple tree sucked up magic energy. The magic energy affected one branch and four apples. These apples transformed into Team Crunch. They were able to use their newly found energy to sprout arms and legs and develop super athletic powers. Mighty Red plays baseball, soccer, basketball and football, Graceful Green rides her bike everywhere, Powerful Pink can run for miles and Yippy Yellow likes to play games on the playground. They all encourage children to eat healthy apples every day because apples are low in calories and free of fat and sodium. Together Team Crunch helps Healthyville kids stay active and healthy.

POW! ARCH ENEMY Worms



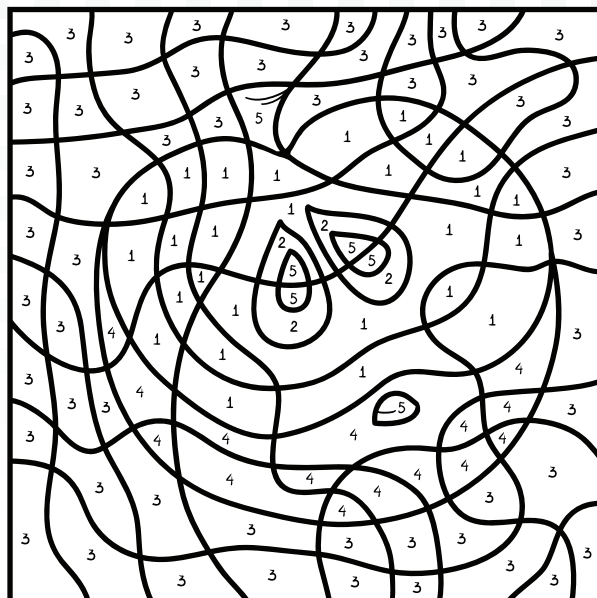
JOKE OF THE MONTH

Q: What do you get if you cross an apple with a shellfish?

A: A crab apple!

COLOR BY NUMBER

Color each space with the assigned numbered color.



FUN FACTS

- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
- Common apples in local Texas grocery stores are Red Delicious, Green Apple, Pink Lady and the Golden Delicious.
- The apple tree is a deciduous tree in the rose family best known for its sweet, pomaceous fruit.

MIGHTY RED'S FAVORITE ACTIVITIES All Outdoor Activities

BAKED APPLES

Ingredients:

- 4 Granny Smith or Gala apples (with skin)
- ¼ cup Apple juice or apple cider, (no sugar added)
- ¼ cup Brown sugar
- 2 T. Cornstarch
- ½ tsp. Cinnamon
- ¼ tsp. Nutmeg
- ¼ tsp. Salt
- For the cinnamon yogurt topping:
- 2½ cups Vanilla yogurt, (fat free)
- 1 T. Honey*
- ¼ tsp. Cinnamon

Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. Preheat oven to 350°F.
3. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.
4. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice.
5. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.
6. Pour apples into prepared baking dish. Bake 45-50 minutes or until apples are slightly browned at edges and sauce is bubbling.
7. For the cinnamon yogurt topping: Mix yogurt with honey and cinnamon. Store in refrigerator until apples are done baking.
8. Serve ¼ cup of the warm apple mixture with ¼ cup of the yogurt topping.

Sources: Texas A&M and Agrilife Extension

