<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>B- Cheese Stick, WG Toast, Oranges, Milk</td>
<td>B- WG Toast, &amp; Egg omelet, margarine, Oranges, Milk</td>
<td>B- WG Toast, &amp; Egg omelet, margarine, Oranges, Milk</td>
<td>B- WG Pancake, Turkey Sausage, margarine, Syrup, Baked apples, Milk</td>
<td>7- Cornflakes Cereal, WG Toast, Banana, Milk</td>
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<tr>
<td>L-Hamburger, Tater Tots, Applesauce Cup, Milk</td>
<td>L- Turkey Meatballs w/sauce, Steamed Carrots, Peaches, Roll, Milk</td>
<td>L- Ground Beef w/Spaghetti, Green Beans, Mixed fruit</td>
<td>L- Hamburger on Bun, Sweet Potato Fries, Catsup, Peaches, Milk</td>
<td>S- Chicken Fajita, Black Beans, Pineapple, Milk</td>
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<tr>
<td>S- Graham Cracker</td>
<td>S- Cheese &amp; Crackers</td>
<td>S- Yogurt</td>
<td>S- Trail Mix</td>
<td>S- Goldfish</td>
</tr>
<tr>
<td>10- WG Toast, Cheese Stick, Applesauce cup, Milk</td>
<td>11- B-Cheerios cereal, WG Toast, margarine, Orange, Milk Chicken Alfredo, Spinach, Applesauce, Roll, Milk</td>
<td>12- B-WG Waffle, Turkey Sausage, margarine, Syrup, Mango, Milk L- Ground Beef w/Spaghetti, Green Beans, Mixed fruit</td>
<td>13- B-Corn Chex cereal, WG Toast, margarine, Jelly, Banana, Milk L- Hamburger on Bun, Sweet Potato Fries, Catsup, Peaches, Milk</td>
<td>14- B- WG Biscuit, Turkey Sausage, margarine, Apple /applesauce, Milk L- Hamburger, Black Beans, Pineapple, Milk</td>
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<tr>
<td>L- Grilled BBQ Chicken Pattie, Corn, Roll, Pears, Milk</td>
<td>S- Apple Slices</td>
<td>S- Trail Mix</td>
<td>S- Sliced Cucumber &amp; Ranch</td>
<td>S- Animal Crackers</td>
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<tr>
<td>S- Apple slices</td>
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<tr>
<td>17- B Corn Chex Cereal WG Toast, Oranges, margarine, Milk, L-Sweet &amp; Sour Chicken, Brown Rice, Green Beans, Pineapple, Milk S-Graham Cracker</td>
<td>18- B- Cheese Stick, WG Toast, Apple/applesauce cup, Milk</td>
<td>19- B-Cornflakes cereal, WG Toast, margarine, Banana, Milk L- Pizza 50/50, Red Bell pepper strips, Lite Ranch Applesauce, Milk</td>
<td>20- B- French Toast, Turkey Sausage, margarine, Syrup, Baked Apples, Milk L- Chicken Fajitas, Black Beans, Peaches, Milk S- Hummus &amp; Crackers</td>
<td>21- B- WG Toast, Turkey Sausage, Oranges, Milk L- Turkey &amp; Cheese Sub, Fresh Broccoli, Lite Ranch, Oranges</td>
</tr>
<tr>
<td>S- Graham Cracker</td>
<td></td>
<td></td>
<td></td>
<td>S- Goldfish</td>
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</tbody>
</table>

**Special Announcements**

- 07/03- Veggie Pattie on Bun
- 07/05- Veggie Nuggets
- 07/07- Cheese Quesadilla
- 07/10- Veggie Pattie on Bun
- 07/11- Pasta w/Alfredo sauce & Cheese
- 07/12- Mt. Sub w/ Pasta Sauce
- 07/13- Veggie Pattie
- 07/14- Cheese Quesadilla
- 07/17- Veggie Nuggets w/Sweet & Sour Sauce
- 07/18- Veggie Pattie
- 07/20- Cheese Quesadilla
- 07/21- Veggie Pattie on Bun
- 07/24- Cheese Quesadilla
- 07/25- Mt. Sub BBQ Flavoring on Bun
- 07/26- Pasta w/ Alfredo sauce & cheese
- 07/27- Veggie Pattie on Bun
- 07/28- Veggie Nuggets

**Healthy Meals for Kids**

- Call 211
- Text 9199

**Good Eats At:**

- No Cost For Kids 18 & Younger
Mushrooms

Mushrooms come in a variety of colors, but the most common, edible ones found in the grocery store are white, off-white and brown. Mushrooms are the fruiting portion of fungi in the ground. The most commonly eaten mushrooms are the white button, cremini and portobello. Mushrooms make a great meat substitute for vegetarians, especially shiitakes because they are meaty in flavor and texture. Mushrooms are great because they absorb the flavor of anything that you cook with them and they add a variety of flavors to your dish.

Growing Regions: East Texas and Central Texas

Did You Know?

In the United States up to 90 percent of the mushrooms consumers buy are the white button mushrooms.

Potatoes

Hash browns, potato salad, chips, French fries, baked or mashed: the ways to eat a potato are endless. Regular white potatoes grow from the tubers or stems of a plant. There are a variety of potatoes grown in Texas; a few are the russet skin varieties, the Yukon Gold, and the Atlantic. Each of these types is used for different processing. Some make chips, some are good for baked potatoes and others are good for mashed potatoes and other dishes.

Space Potatoes? The potato was the first vegetable grown in space in October 1995. NASA and the University of Wisconsin in Madison developed the technology to grow potatoes so they could help feed astronauts on long space voyages.

Growing Regions: High Plains and East Texas

Visit: SquareMeals.org/SeasonalityWheel

MESSAGE DECODER

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Be Careful What You Eat

Remember, not all are edible, so only buy them from a grocery store or farmers market.

Joke of the Month

Q. What do you call a baby potato?

see answer below.