

APRIL

2019



GOOD EATS AT

KRESS ISD

SPECIAL ANNOUNCEMENTS

No School

April 19 & April 22, 2019

ART CONTEST ENDS

"You ART What You Eat" Art Contest ENDS APRIL 12TH
SquareMeals.org/artcontest


 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER




 This product was funded by USDA.
 This institution is an equal opportunity provider.

M	T	W	TH	F
Sausage biscuit, fruit, juice, milk Texas basket, veggie cup, mixed fruit, milk 1	Breakfast burrito, fruit, juice, milk Chicken fajitas, beans, tiny tomato cup, salsa, lettuce & tomato garnish, peaches, milk 2	Chicken-n-waffles, fruit, juice, milk Chicken alfredo, tuscan vegetables, garden salad, hot cinnamon apples, cookie, milk 3	Pancakes, sausage, fruit, juice, milk Ranchero wrap, broccoli, veggie cup, snowball salad, milk 4	Dutch waffle, bacon, fruit, juice, milk Chicken bowl, green beans, roll, apples, milk 5
Breakfast pizza, fruit, juice, milk Cheese enchiladas, beans, corn, salsa, oranges, fruit crisp, milk 8	Chicken-n-biscuit, fruit, juice, milk Meatball sub, tater tots, veggie cup, pears, milk 9	Biscuit, gravy, eggs, bacon, fruit, juice, milk Asian stir fry, garden salad, strawberries, milk 10	Sausage kolache, yogurt, fruit, juice, milk Cheese pizza, tiny tomato cup, corn, fruity gelatin, milk 11	Biscuit, sausage, fruit, juice, milk Hamburgers, cucumber slices, carrots, applesauce cups, cookie, milk 12
Pancakes bacon, fruit, juice, milk Steak fingers, gravy, roll, mashed potatoes, carrot coins, strawberries & bananas, milk 15	Cheesy toast, fruit, juice, Milk French bread pizza, marinara sauce, garden salad, california blend vegetables, fruit cup, chocolate pudding, milk 16	French toast, sausage, fruit, juice, milk Boneless chicken, celery sticks, carrots, cornbread, orange smiles, brownie, milk 17	Breakfast bread, yogurt, fruit, juice, milk Chicken quesadilla, corn, beans, salsa, lettuce & tomato garnish, apples, milk 18	No School 19
No School 22	Cheese omelet, toast, fruit juice, milk Frito pie, veggie cup, beans, salsa, lettuce & tomato garnish, orange smiles, milk 23	Waffles, sausage, fruit, juice, milk Chicken nuggets, mashed potatoes, garden salad, roll, pears, milk 24	Breakfast pizza, fruit, juice, milk Hamburgers w/garnish, oven fries, carrots, snowball salad, milk 25	French toast, sausage, fruit, juice, milk Pulled sliders, coleslaw, green beans, pineapple tidbits, milk 26
Pancakes, sausage, fruit, juice, milk Oven roasted chicken, broccoli, roll, baked beans, apple-pineapple d'lite, milk 29	Breakfast burrito, fruit, juice, milk Chicken sandwich, oven fries, veggie cup, lettuce & tomato garnish, applesauce cups, milk 30			

I'm the **BOUNDLESS BERRY**

HEALTHY SUMMER MEALS FOR KIDS
 No Cost For Kids 5 and Younger

BOUNDLESS BERRY

Strawberry



During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips of her hair were also able to spin so fast allowing her to fly. At that moment, she became The Boundless Berry. She wanted all of the kids of the world to have access to delicious healthy strawberries so she flew around the world planting strawberries at every location she could, giving children access to vitamin C and fiber to help boost their immune systems and grow strong.

FUN FACT

Strawberry is the most popular berry in the United States.

BOUNDLESS BERRY'S FAVORITE ACTIVITIES

Fishing, Canoeing and Running



POW!

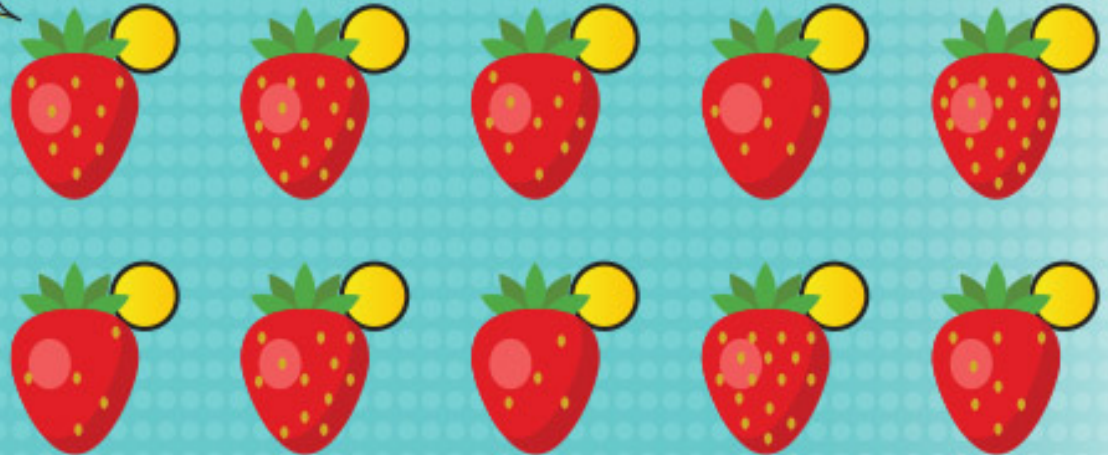
ARCH ENEMY

Strawberry Flavored Candy



COUNT 'EM!

Identify the correct number of seeds on each strawberry.



JOKE OF THE MONTH

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Sources: Texas A&M and Agrilife Extension