



**GOOD EATS AT**

**Breakfast**

**SPECIAL ANNOUNCEMENTS**

\*Gluten Free  
 >Dairy  
 <Egg  
 ~Fish

Menu Items are subject to change based on costs and availability

Questions? Contact  
 Kimberlywilson@austin.utexas.edu



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER  
 Facebook, Twitter, YouTube, Instagram icons  
 This product was funded by USDA.  
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Meet the  
**MELONATOR**

**MAY**

**2019**

**M**

**T**

**W**

**TH**

**F**

		Biscuit> Scrambled Eggs Apple Milk 1	Peach Pancake>< Turkey Bacon Orange Agave Syrup Milk 2	Egg and sausage Breakfast Sandwich Assorted Fruit Milk 3
Breakfast Pizza>< Applesauce Milk 6	Cinnamon Toast Bagel Mixed fruit Dried Fruit mix Milk 7	Turkey Sausages Biscuits> Apple Milk 8	Pancake>< Turkey Bacon Orange Agave Syrup Milk 9	Egg and Cheese Breakfast Sandwich Assorted Fruit Milk 10
Breakfast Pizza>< Applesauce Milk 13	French Toast Bake >< Sunshine Fruit Mix Milk 14	Chicken Patty Biscuit> Apple Milk 15	Chocolate Chip Pancake>< Turkey Bacon Orange Agave Syrup Milk 16	Egg and sausage Breakfast Sandwich Assorted Fruit Milk 17
Breakfast Pizza>< Applesauce Milk 20	Cinnamon Sugar Oatmeal * Banana Dried Fruit Mix Milk 21	Biscuit> Scrambled Eggs Apple Milk 22	Pancake>< Turkey Bacon Orange Agave Syrup Milk 23	Egg and Cheese Breakfast Taco Assorted Fruit Milk 24
Summer vacation.... 27	Eat many fresh fruits, 28	And crunchy vegetables. 29	Drink a lot of water, 30	And have a lot of fun ☺ 31

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

**STARTING JUNE 3**  
 For A Meal Near You  
 Call 211  
 or  
 Text  
 50807X to 877-871

Meet the  
**MELONATOR**

# MAY

2019

**GOOD  
EATS AT**

**M**

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**TH**

**F**

Coconut Curry  
Chicken\*  
Coconut Lime Rice  
Mixed Veggies  
Apple  
Milk

1

Beef Hamburger  
Lettuce & Tomato  
Wheat Bun  
Mashed Potatoes  
Mangoes  
Milk

2

Cheese Pizza ><  
Garden Salad  
Ranch Dressing>  
Mixed Fruit  
Milk

3

Beef Fried Rice\*  
Sesame Cucumbers  
Apple  
Milk

6

Chicken Enchilada  
Taco w/ Lettuce and  
Pico de Gallo  
Refried Beans  
Pear  
Milk

7

Orange Chicken\*  
Chow Mein Noodles  
Asian Salad\*  
Orange  
Milk

8

Meatloaf\*  
Classic Coleslaw  
Wheat Roll  
Green Beans  
Grapes  
Milk

9

Garlic Herb Pizza ><  
Caesar Salad'  
Mixed fruit  
Milk

10

Chicken Sausage  
Jambalaya\*  
Corn  
Pear  
Milk

13

Carne Guisada Con  
Papas Taco\*  
Charro Beans (no pork)  
Grapefruit  
Milk

14

Sweet-N-Sour  
Chicken over Rice  
Broccoli Florets  
Apple  
Milk

15

Sloppy Joes  
Wheat Bun  
Carrot Coins  
Strawberries  
Milk

16

Cheese Pizza ><  
Creamy Cucumbers  
Mixed Fruit  
Milk

17

Fish Sticks  
Mixed Veggies  
Pear  
Milk

20

Chicken Fajita Taco  
Lettuce/Pico de Gallo  
Corn  
Apple  
Milk

21

BBQ Chicken  
Wheat Roll  
Broccoli and Carrots  
Orange  
Milk

22

Hawaiian Fried Rice  
BBQ beans  
Grapes  
Milk

23

Cheese Pizza><  
Caesar Salad'  
Mixed Fruit  
Milk

24

Summer  
vacation....

27

Eat many fresh  
fruits,

28

And crunchy  
vegetables.

29

Drink a lot of  
water,

30

And have a lot  
of fun ☺

31

Lunch

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MEALS  
FOR KIDS**  
No Cost For Kids 18 and younger

**STARTING JUNE 3**

