MAY 2020

TDA's May 2020 Menu Calendar

I'm SAMPSON SUPER COW

M	T	W	TH	F
				Steak Fingers Fries Sweet Peas Roll 1
Beef/Cheese Burritos Ranch Style Beans 4	Mini Corn Dogs Smiley Fries Baked Beans 5	Salisbury steak Brown Rice Turnip Greens Corn 6	Hamburger Fries Burger Salad 7	Chicken Nuggets Mashed Potatoes Green Beans Roll Carrots/Ranch Cup 8
Chicken & Dumplings Swt Potatoes Turnips Cornbread OR PB&J (K-8) Chef Salad (HS) 11	Chicken- Cheese Crispito Mac-N-Cheese Refried Beans 12	Pizza Corn on Cob Tossed Salad/Ranch Strawberry Mango Smoothie 13	Hot Dogs Smiley Fries Ranch Style Beans Chili/No Beans Cheese Sauce Chili, Cheese 14	Chicken Tenders Mashed Potatoes Green Beans Roll Gravy Ketchup 15
Chef's Choice 18	***Chef's Choice*** 19	***Chef's Choice*** 20	***Chef's Choice*** 21	***Early release*** ***Graduation*** 22
25	26	27	28	29

GOOD EATS AT

Spurger ISD

Offers a variety of milk, fresh fruits, and vegetables daily!!

Jam or Jelly (JH-HS)

All menus are subject to change.

We are a equal opportunity provider!

SPECIAL ANNOUNCEMENTS

HEALTHY SUMMER MEALS FOR KIDS

No Cost For Kids 18 and Younger

STARTING JUNE 1

For A Meal Near You: Call 211 or Text FOODTX to 877-877

square meals

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

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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

WHAT TO KNOW

Texas Beef comes in many forms like steaks, roasts and ground beef. Texas Beef is an excellent source of protein, naicin, zinc, and vitamins B6 and B12. Beef is also a good source of choline and iron. The iron found in beef is in the form of heme-iron which is readily absorbed by your body when you eat it.

SAMPSON SUPER COW

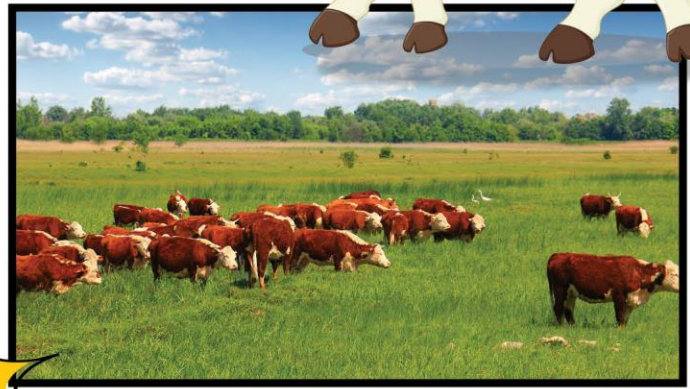
Sampson Super Cow was born in the middle of a hurricane and the super storm gave Sampson super strenght. When he was a calf, he couldn't control his super strength and broke the fences in the pasture. Now he uses his strength to help Healthyville Farm to feed the world and teach kids that protein makes them super strong.

SAMPSON'S **FAVORITE ACTIVITIES**

Running in the pasture and lifting heavy things around the farm

DID YOU KNOW ?

Beef is rased on ranches all over the state of Texas.
Texas is the numer 1 beef producer in the nation with **11 million** head of cattle.



SUPER TIP

Beef is a protein food that has nutrients for a strong healthy body.

POWER!
SUPER
Strength

EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.

JOKE OF THE MONTH

Q: What do you call a sleeping bull?

A: A bulldozer

FUN FACT

The official state dish of Texas is Chili.

Sources: Texas A&M and Agrilife Extension