



# MAY

2020

TDA's May 2020 Menu Calendar

**GOOD EATS AT**

Longhorn Drive Cafeteria

I'm **SAMPSON SUPER COW**

**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



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

**M T W TH F**

Chicken Fry San.  
Lettuce Salad,  
Banana, Milk,  
Cereal, Juice 4

Walkin Taco Corn  
Pineapple, Milk  
Saus Biscuit, Milk  
Juice 5

Mini Corn Dogs  
Mac & Cheese, Milk  
Applesauce, Juice  
Peas Carrots, Cere  
al 6

Cheeseburger  
Chip Milk Carrot  
Cuties, Pancake  
Juice, Milk 7

PB&J, Chips, Milk  
Apple Broccoli  
Cereal, Juice 8

Ham & Turkey  
Lettuce Salad  
Banana Milk  
B&G, Juice 11

Nacho, Corn Milk  
Peaches, Juice  
French Toast  
milk 12

Steak Fingers  
Mashed Potato  
Pears, Milk Bread  
Banana Bread, Juic  
e, Milk 13

Chicken San. Milk  
Chips, Celery, Ap  
ple, Muffin, Juice 14

PB&J, Chips, Milk  
Orange, Carrot  
Cereal, Juice Milk 15

Lemon Chicken  
Breadstix, Milk  
Mix Fruit, Green Be  
ans, Cereal, Juice 18

Burrito, Apple,  
Carrot, Milk  
Pancake, Juice,  
Milk 19

Sloppy Joe,  
Baked Beans  
Milk, Peaches,  
Sausage Biscuit, Jui  
ce, Milk 20

Pork Chop San  
Chips, Celery, Ap  
plesauce, Milk  
Muffin, Fruit Milk 21

PB&J, Chips Milk  
Apple, Carrot, Ba  
gel, Fruit, Milk 22

Meatball Sub,  
Fruit Cup, Broc  
Milk, Cereal Juice  
Milk 25

Frito Pie, Corn  
Mandarin Orang  
Milk, B&G, Milk  
Fruit Cup 26

Chicken Strips  
Mashed Potato  
Pineapple, Milk  
Cereal, Juice Milk 27

Cheeseburger  
Chip Milk Carrot  
Cuties, Pancake  
Juice, Milk 28

PB&J Chips Milk  
Strawberries,  
Lettuce Salad  
Milk, Cereal,  
Juice 29

**SPECIAL ANNOUNCEMENTS**

All menus subject to change WITHOUT notice. Due to availability. Fresh Fruit/Veggies when available.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## 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.

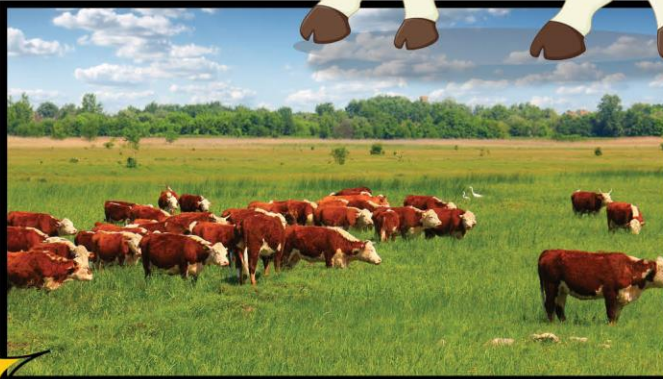
### SAMPSON'S FAVORITE ACTIVITIES

Running in the pasture and lifting heavy things around the farm

## DID YOU KNOW ?

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

**POWER!**  
**SUPER**  
Strength



## SUPER TIP

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

## 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.