

# APRIL

2019



**GOOD EATS AT**

I'm the **BOUNDLESS BERRY**

**SPECIAL ANNOUNCEMENTS**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 11 and Younger

M	T	W	TH	F
Spaghetti w/meat sauce, green beans, Salad & pudding 1	Chicken strips, Mashed potatoes, Corn, & banana 2	Frito Pie, Rice, salad and jello 3	Pizza Rolls, Mac & cheese, Peas and orange slices 4	Fish sticks, French fries, veggies & sliced peaches 5
Quesadillas w/pollo, beans & cheese w corn & pudding 8	Cheeseburger, French fries & animal crackers 9	Beef Taquitos, rice, beans & banana 10	Chicken with Rice Casserole, mixed veggies & chewy granola bar 11	Cheese Enchiladas, rice, beans & apple 12
Lasagna, tossed salad, bread & pudding 15	Grilled ham & cheese, chips, Corn & cookie 16	Picadillo con papas, green beans, bread & sandwich crackers 17	Corn Dog, Carrots s sticks, chips & Fruit Rollup 18	<b>Good Friday No School</b> 19
<b>Easter Monday No School</b> 22	Flautas, rice, beans & mixed fruit 23	Chicken strips, Mashed potatoes, Corn, & banana 24	Chili Dog, baby carrots, chips & pears 25	Pizza, green beans, & fruit rollup 26
Popcorn Chicken, mashed potatoes, Corn & fruit snack 29	Calabaza con Pollo, mixed veggies & Mixed fruit. 30	<p><b>ART CONTEST ENDS</b></p> <p><b>"You ART What You Eat"</b> Art Contest <b>ENDS APRIL 12<sup>TH</sup></b> <a href="http://SquareMeals.org/artcontest">SquareMeals.org/artcontest</a></p>		

# BOUNDLESS BERRY

Strawberry



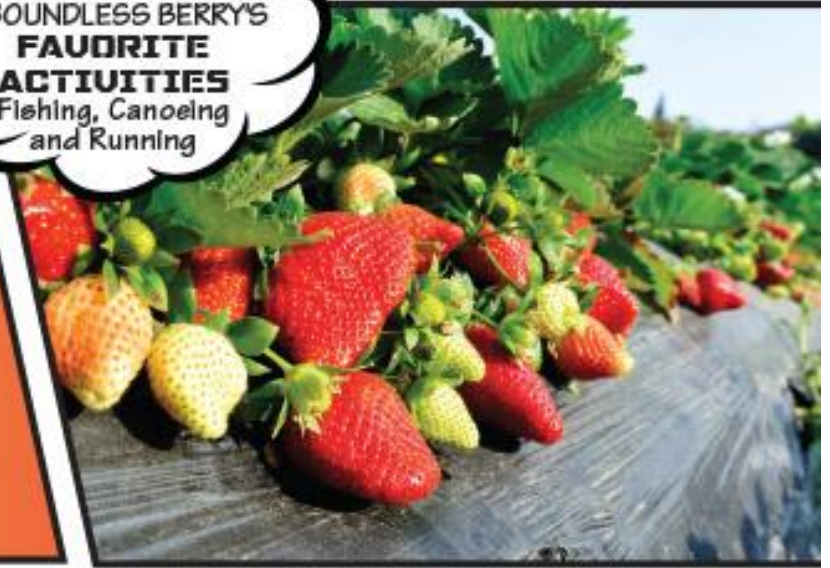
During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips 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!**

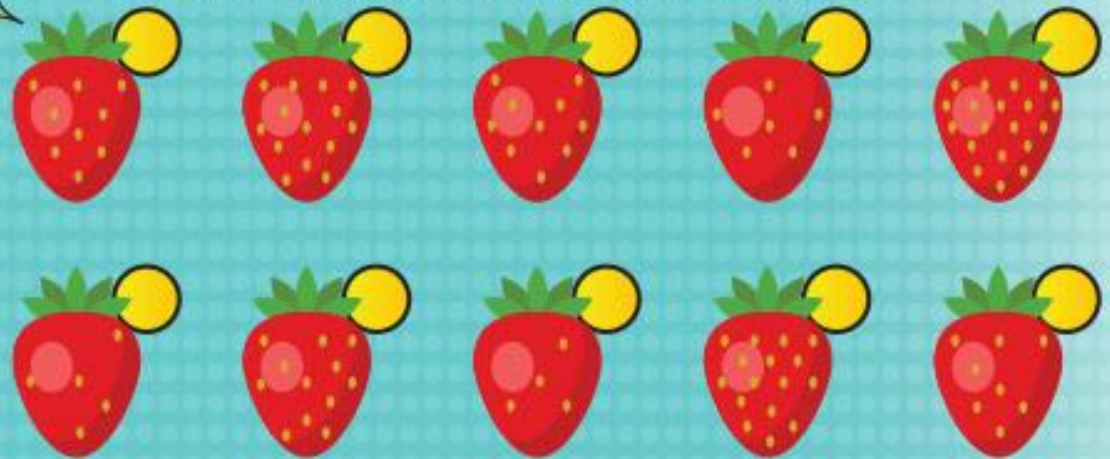
## ARCH ENEMY

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