

# JULY

2019

**GOOD EATS AT**

La Joya ISD  
Child Nutrition Services  
MIDDLE SCHOOL Grade  
**6-8**

Menu is subject to  
change due to  
availability

**SPECIAL ANNOUNCEMENTS**

**La Joya ISD Child Nutrition Services**

\*Breakfast is served daily with choices of:  
Fruit juice, fresh fruit, fat free and low fat milk.  
\*Lunch is served daily with choices of:  
Fresh fruit, canned fruit, fat free and low fat milk.  
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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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I'm  
**MIGHTY RED**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Chat For Kids 18 and Younger



M	T	W	TH	F
Un crustable - Hamburger Seasoned Wedges Burger Salad 1	Breakfast Biscuit - Chicken Nuggets Queso Blanco Dinner Roll Broccoli Garden Salad 2	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Dinner Roll Tostitos Scoops Charro Beans Garden Salad 3	Happy 4th of July No School 4	Tamales - Pepperoni Pinwheel Carrot Coins Garden Salad Green Beans 5
Hawaiian Breakfast Roll - Hamburger Seasoned Wedges Burger Salad 8	PB & J Breakfast Roll - Chicken Nuggets Queso Blanco Dinner Roll Broccoli Garden Salad 9	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Dinner Roll Tostitos Scoops Charro Beans Garden Salad 10	Breakfast Biscuit - General Tso Dinner Rolls Cucumber Salad Broccoli 11	Tamales - The Pack Hoagie Carrot Coins Garden Salad Green Beans 12
Hawaiian Breakfast Roll - Hamburger Seasoned Wedges Burger Salad 15	PB & J Breakfast Roll - Chicken Nuggets Queso Blanco Dinner Roll Broccoli Garden Salad 16	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Dinner Roll Tostitos Scoops Charro Beans Garden Salad 17	Breakfast Biscuit - General Tso Dinner Rolls Cucumber Salad Broccoli 18	Tamales - The Pack Hoagie Carrot Coins Garden Salad Green Beans 19
Hawaiian Breakfast Roll - Hamburger Seasoned Wedges Burger Salad 22	PB & J Breakfast Roll - Chicken Nuggets Queso Blanco Dinner Roll Broccoli Garden Salad 23	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Dinner Roll Tostitos Scoops Charro Beans Garden Salad 24	Breakfast Biscuit - General Tso Dinner Rolls Cucumber Salad Broccoli 25	Tamales - The Pack Hoagie Carrot Coins Garden Salad Green Beans 26
Hawaiian Breakfast Roll - Hamburger Seasoned Wedges Burger Salad 29	PB & J Breakfast Roll - Chicken Nuggets Queso Blanco Dinner Roll Broccoli Garden Salad 30	Assorted Cereal w/Cracker - Picadillo con Papas Queso Blanco Dinner Roll Tostitos Scoops Charro Beans Garden Salad 31		

## MIGHTY RED Apple

One day it rained so hard in Healthyville that an apple tree sucked up magic energy. The magic energy affected one branch and four apples. These apples transformed into Team Crunch. They were able to use their newly found energy to sprout arms and legs and develop super athletic powers. Mighty Red plays baseball, soccer, basketball and football, Graceful Green rides her bike everywhere, Powerful Pink can run for miles and Yippy Yellow likes to play games on the playground. They all encourage children to eat healthy apples every day because apples are low in calories and free of fat and sodium. Together Team Crunch helps Healthyville kids stay active and healthy.



## POW! ARCH ENEMY Worms

### COLOR BY NUMBER

Color each space with the assigned numbered color.



### JOKE OF THE MONTH

Q: What do you get if you cross an apple with a shellfish?

A: A crab apple!

### FUN FACTS

- More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
- Common apples in local Texas grocery stores are Red Delicious, Green Apple, Pink Lady and the Golden Delicious.
- The apple tree is a deciduous tree in the rose family best known for its sweet, pomaceous fruit.

### MIGHTY RED'S FAVORITE ACTIVITIES All Outdoor Activities

### BAKED APPLES

#### Ingredients:

- 4 Granny Smith or Gala apples (with skin)
  - ¼ cup Apple juice or apple cider, (no sugar added)
  - ¼ cup Brown sugar
  - 2 T. Cornstarch
  - ½ tsp. Cinnamon
  - ¼ tsp. Nutmeg
  - ¼ tsp. Salt
- For the cinnamon yogurt topping:
- 2½ cups Vanilla yogurt, (fat free)
  - 1 T. Honey\*
  - ¼ tsp. Cinnamon

#### Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. Preheat oven to 350°F.
3. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.
4. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice.
5. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.
6. Pour apples into prepared baking dish. Bake 45-50 minutes or until apples are slightly browned at edges and sauce is bubbling.
7. For the cinnamon yogurt topping: Mix yogurt with honey and cinnamon. Store in refrigerator until apples are done baking.
8. Serve ¼ cup of the warm apple mixture with ¼ cup of the yogurt topping.

Sources: Texas A&M and Agrilife Extension

