

APRIL

2019



I'm the **BOUNDLESS BERRY**

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

M	T	W	TH	F
Steak Fingers Roll, Gravy Mashed Potatoes Green Beans Pears Milk 1	Chili Mac Seasoned Corn Garden Salad Pineapple Tidbits Milk 2	Chicken Fajita Spanish Rice Refried Beans Shred Lettuce Apple Sauce, Milk 3	Pulled Pork Sandwich Baked Fries Baby Carrots Orange, Milk 4	Fish Sticks Mac & Cheese Baked Beans Steamed Broccoli Fruit Cup, Milk 5
Beef Nachos Brown Beans Fresh Veggies Mixed Fruit Milk 8	Salisbury Steak Roll, Rice Mashed Potato Green Beans Peaches Milk 9	Sausage/Pancake Hashbrown Pork & Beans Applesauce Juice/Milk 10	Chicken Spaghetti Breadstick, Corn Salad w/tomato Fresh Fruit Milk 11	Grilled Cheese Sandwich Baked Beans Baby Carrots Pudding, Fruit Cup, Milk 12
Baked Chicken Mashed Potato Gravy Steamed Corn Pineapple Tidbits, Milk 15	Taco Frito Salad Spanish Rice Brown Beans Lettuce/tomato Apple Sauce Milk 16	Chicken Alfredo Roll, Baby Carrots Cheesy Broccoli Strawberry Shortcake Milk 17	Hamburger or Cheeseburger Baked Fries Burger Salad Fruit Cups Milk 18	HOLIDAY 19
HOLIDAY 22	Chicken Nuggets Mashed Potatoes Green Beans Mandarin Oranges Milk 23	Frito Pie Chili Beans Fresh Broccoli Pears, Jell-O Milk 24	Bean/Cheese Burrito, Rice Baby Carrots Salad w/tomato Fresh Fruit Milk 25	Sloppy Joe Veggie Tray Potato Wedges Fruit Cup Milk 26
Pizza Cheesy Broccoli Veggie Tray Mixed Fruit Milk 29	Ravioli, Roll Green Beans Salad w/tomato Sunny Pears Milk 30	ART CONTEST ENDS		

GOOD EATS AT

WESTPHILIA ISD
Breakfast
Serving Time
7:15 - 7:45

SPECIAL ANNOUNCEMENTS

Monday: Mini Pancake
Tuesday: Breakfast Pizza
Wednesday: Pancake on Stick
Thursday: Pop Tart or Powdered Donuts
Friday: Cinnamon Roll

Everyday Cereal, Fruit, Juice and Milk are offered.

"You **ART** What You Eat"
Art Contest
ENDS APRIL 12TH
SquareMeals.org/artcontest

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!

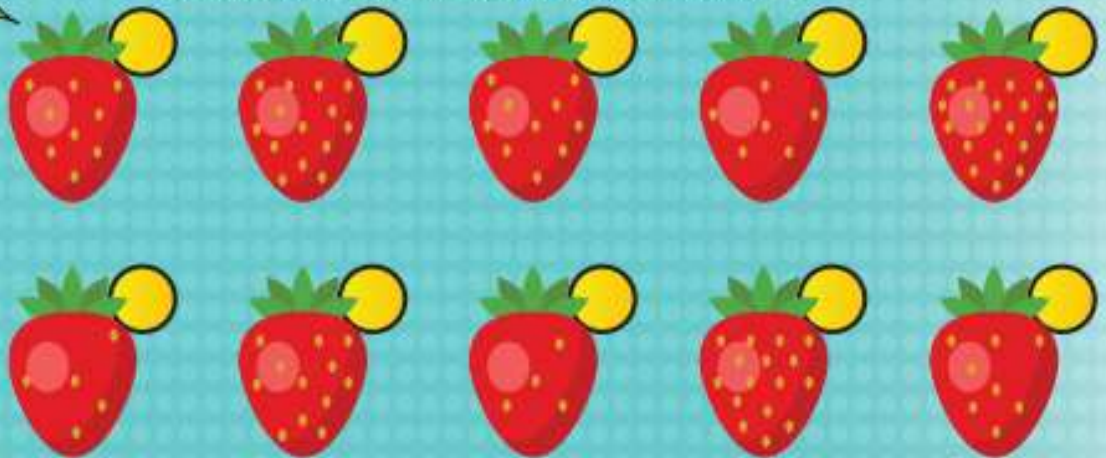
ARCH ENEMY

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 Agriflife Extension