

TEXAS TASTE TOUR



YOUR SCHOOL LUNCH PASSPORT

PANHANDLE HEREFORD

Fun Facts:

Produces over 125 million gallons of milk annually

The **calcium** found in (Dairy Product) helps keep your bones strong and healthy!



GULF COAST BAY CITY, TEXAS

Fun Facts:

Brown rice is a good source of **fiber** and **carbohydrates** that help keep your digestive system healthy and body energized!

Bay City



TX Rice

PINEYWOOD

MADISONVILLE, TEXAS

Fun Facts:

Texas is the 3rd leading producer of mushrooms in the US. Primarily white button, but also baby bella and portabella, mushrooms are shipped mostly throughout Texas, and as far west as Phoenix

Mushrooms can be a good source of B Vitamins, which help support our metabolism and keep our body energized!



PRAIRIES & LAKES

ALBA, TEXAS

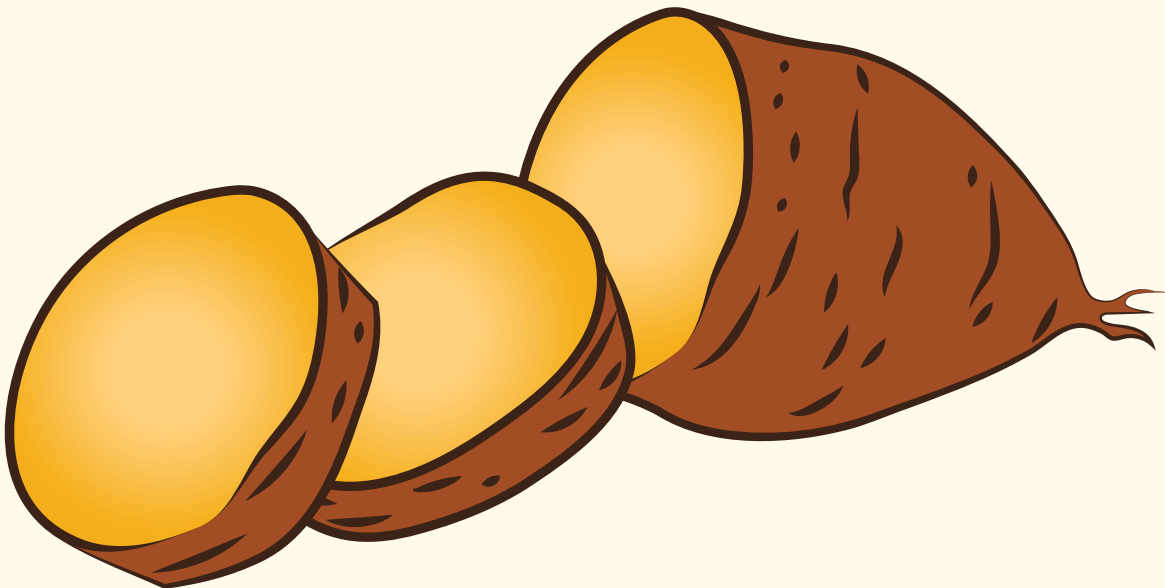
Fun Facts:

Texas is the 5th largest producing state of Sweet potatoes.

Commercial production is concentrated in Van Zandt County

Sweet potatoes are a good source of vitamin A, potassium, and fiber!

SWEET POTATOES



ALBA, TEXAS

RIO GRANDE VALLEY MISSION, TEXAS

Fun Facts:

TX is the 3rd largest producer of citrus Grapefruit

Grapefruit is a **good source of Vitamin C** that supports your immune system and helps keep your body healthy!



SOUTH TEXAS PLAINS

LA PRYOR, TEXAS

Fun Facts:

Tiro Tres Farms – 1 of 3 large-scale spinach farms in Texas Spinach

Spinach can be a **good source of iron and Vitamin A**, which help keep your eyes and body healthy and energized!



PANHANDLE HEREFORD

Fun Facts:

“Beef Capital of the World”
Produces over 1 billion
pounds of beef annually

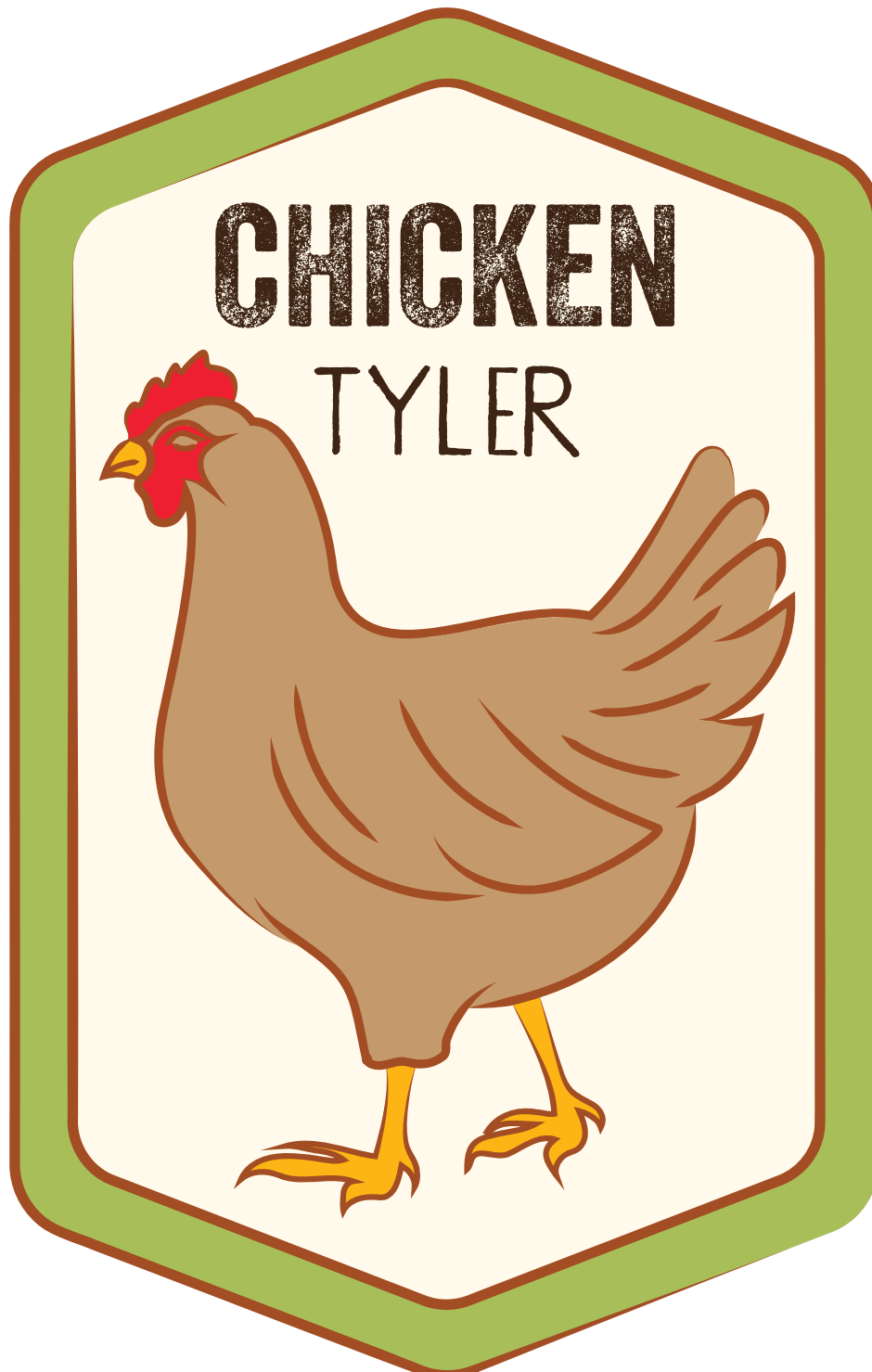
Protein found in (beef product) helps carry nutrients around your body, keep your muscles strong, and fight infection!



PINEYWOODS TYLER, TEXAS

Fun Facts:

Wayne-Sanderson Farms - **largest**
chicken producer in TX; 3rd in US)



HILL COUNTRY

FREDERICKSBURG, TEXAS

Fun Facts:

One of the largest peach-producing counties in Texas – about 600 acres of trees - More than 20 different varieties of peaches

Peaches are a good source of Vitamin A and C, which help keep our skin, eye sight, and immune system healthy!



BIG BEND

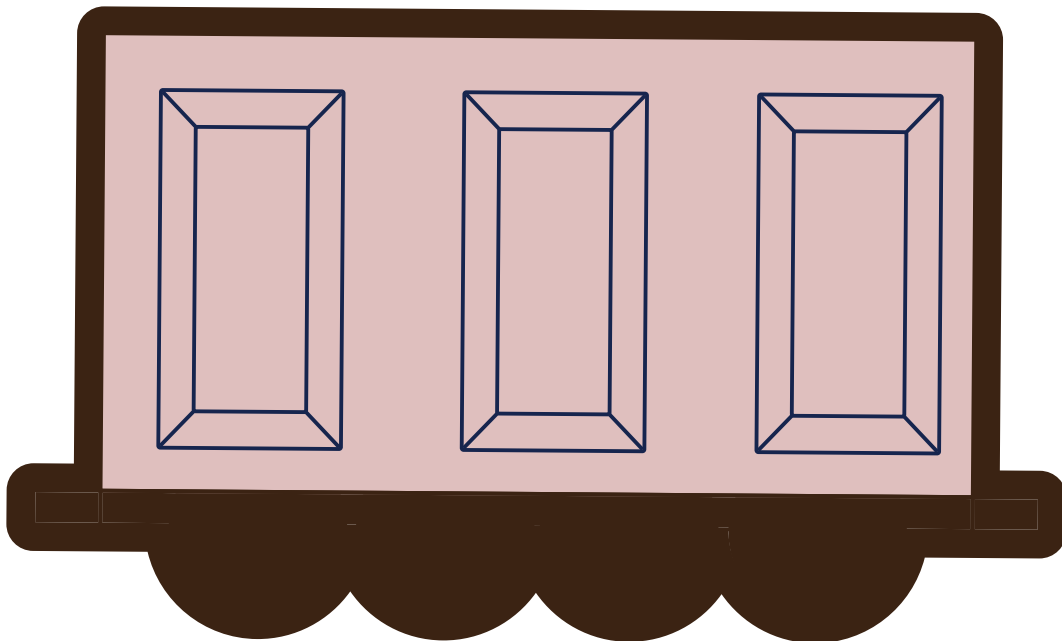
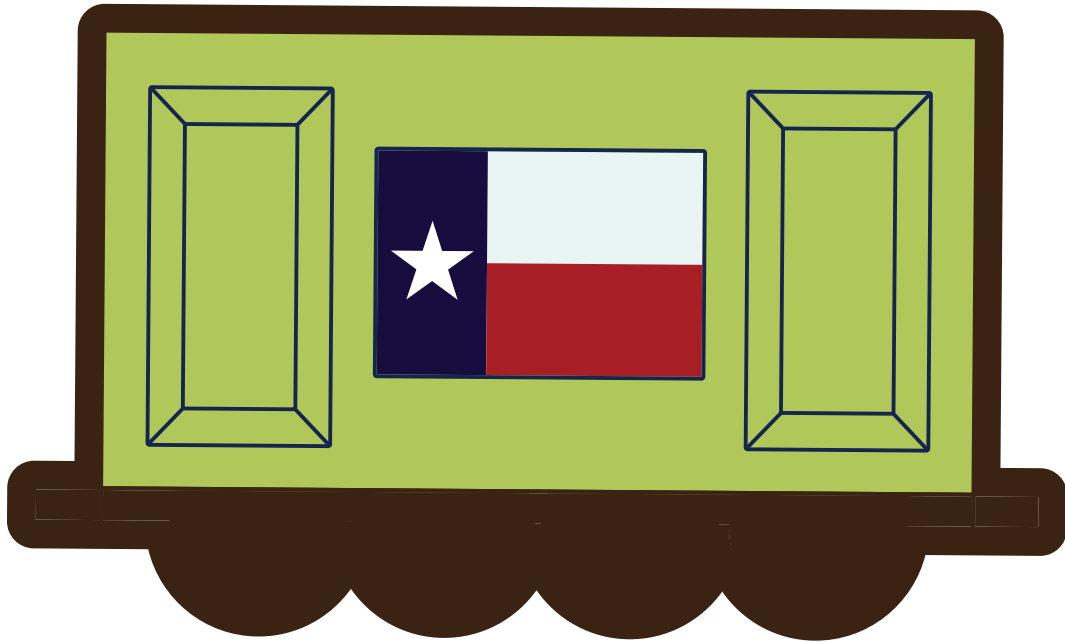
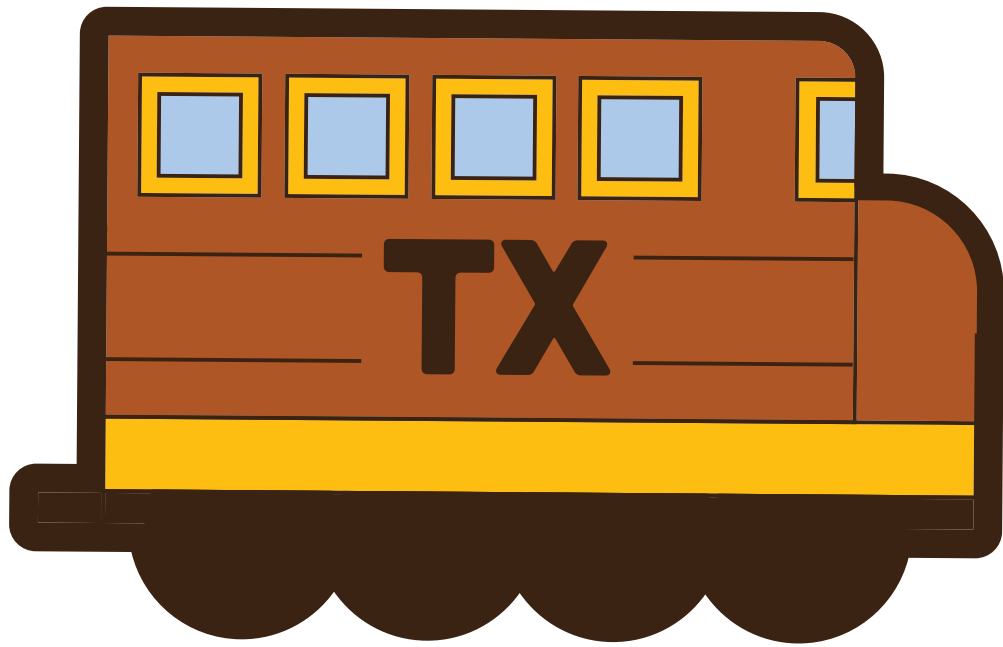
MARFA, TEXAS

Fun Facts:

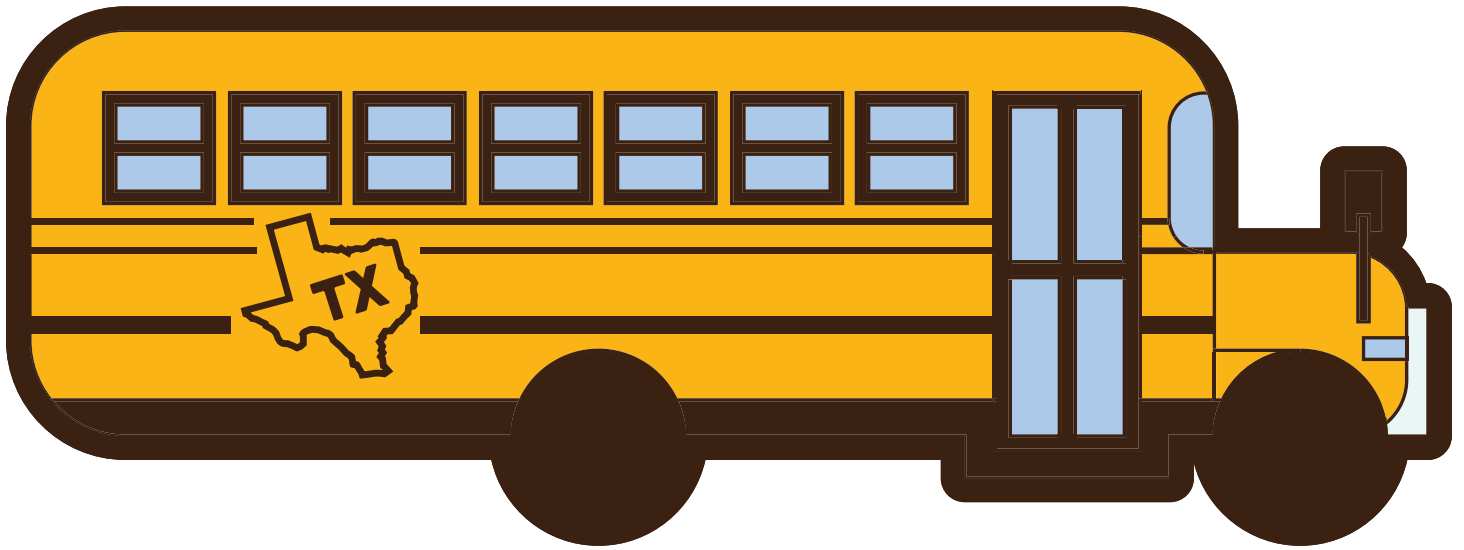
West Texas produces about 90% of the tomatoes in Texas

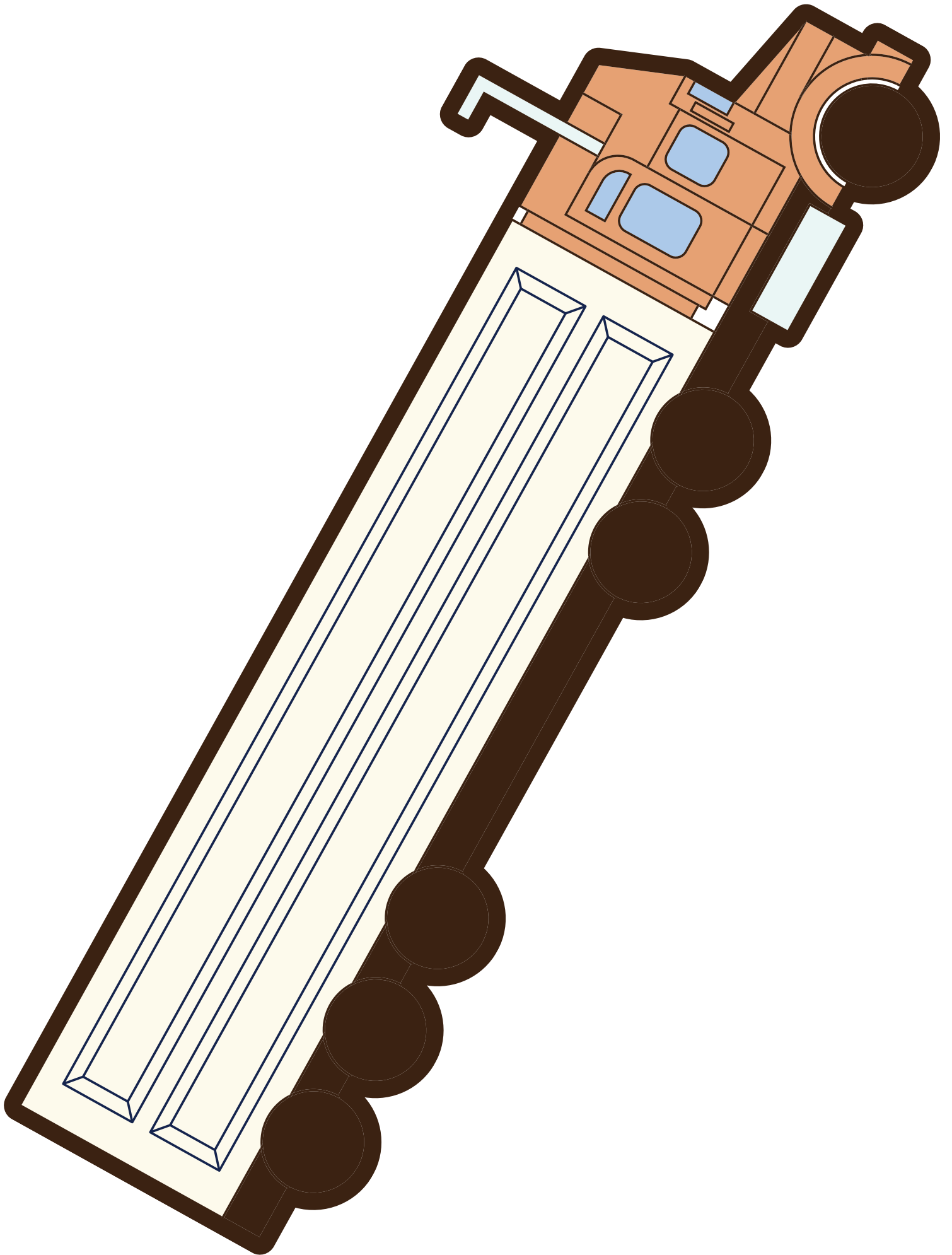
Tomatoes are a good source of vitamin C and lycopene, which help keep your immune system healthy!

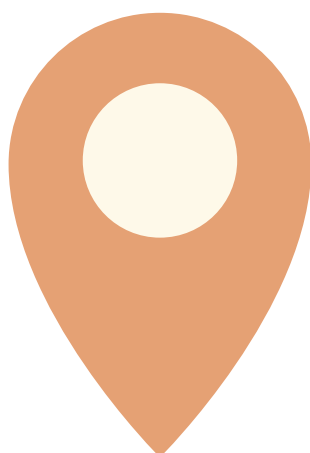
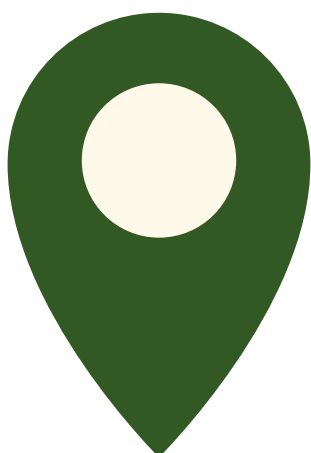


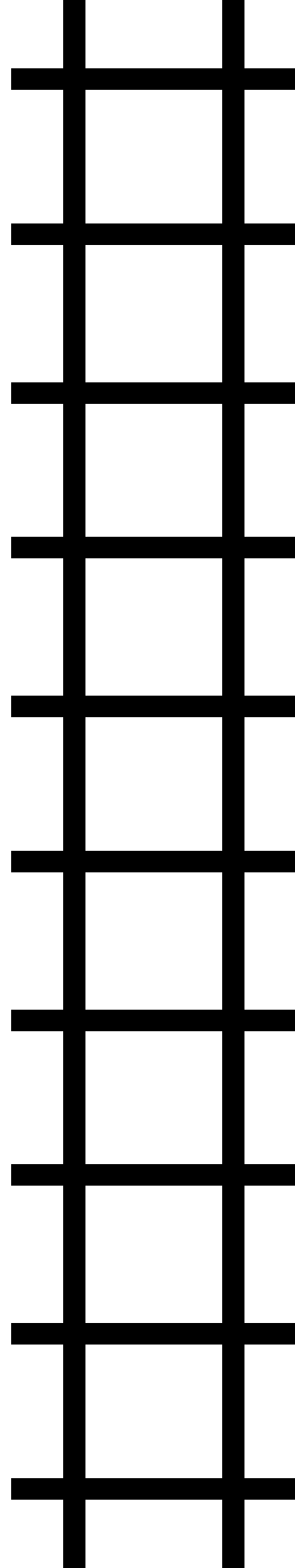
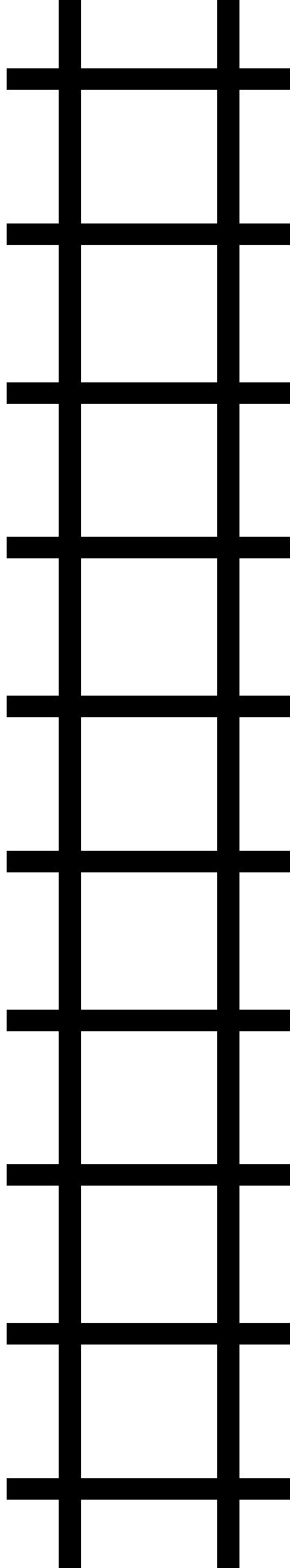
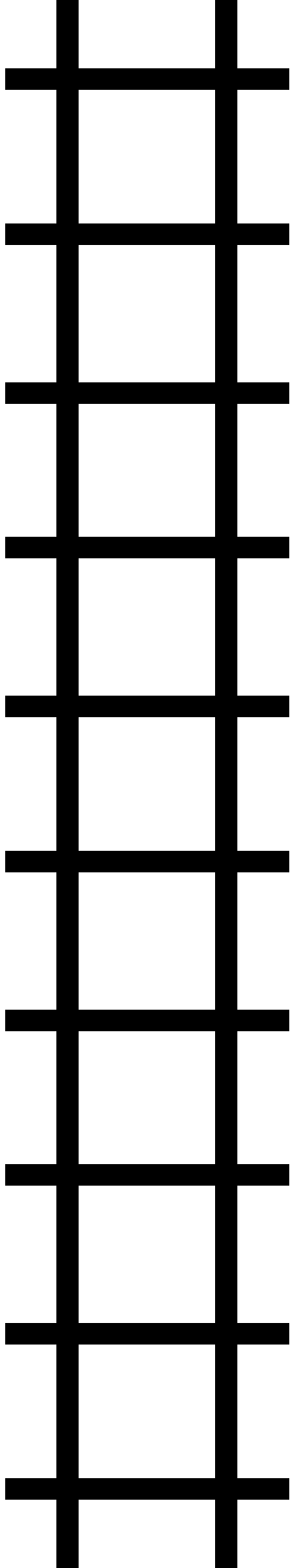


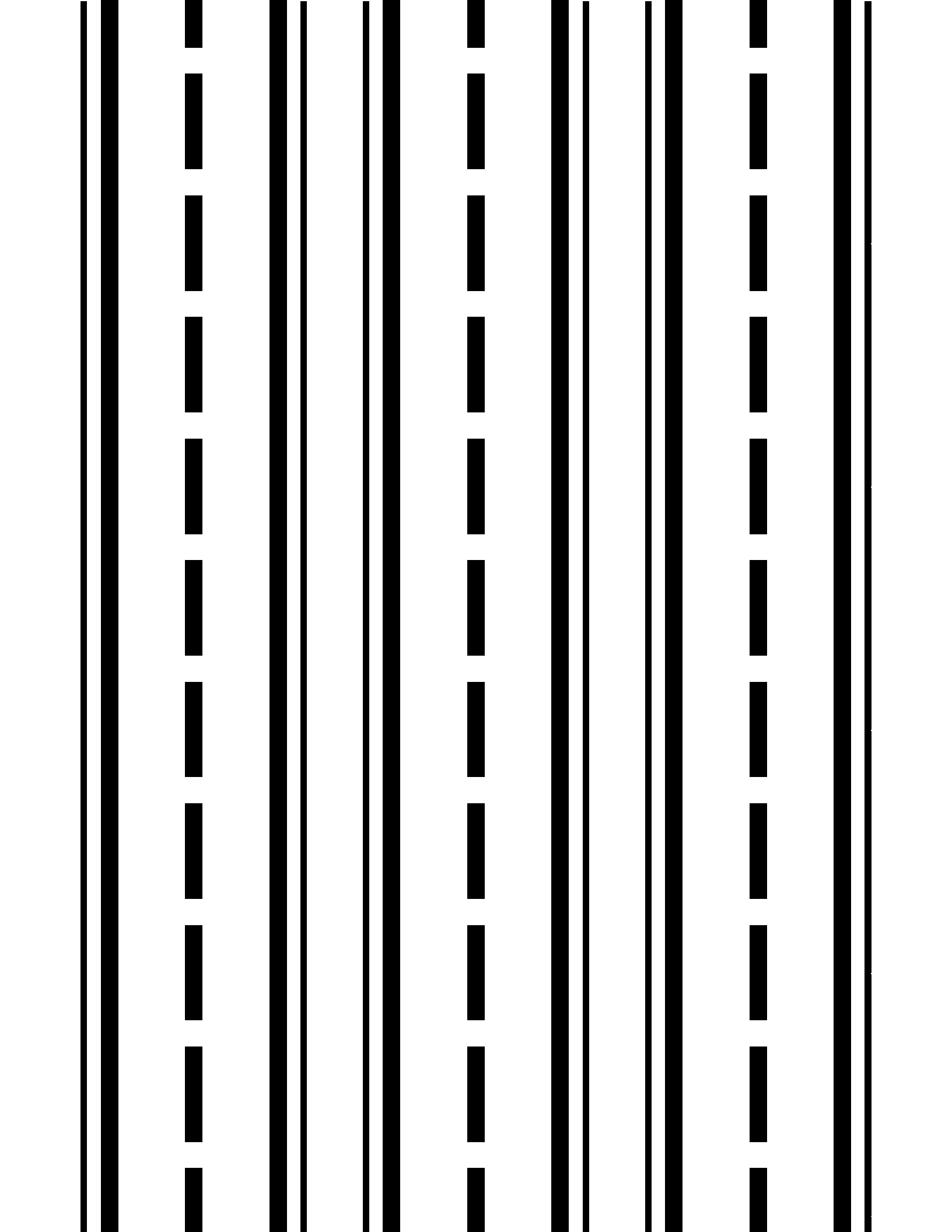












**SCHOOL LUNCH
PASSPORT**



— TX —

**SCHOOL LUNCH
PASSPORT**

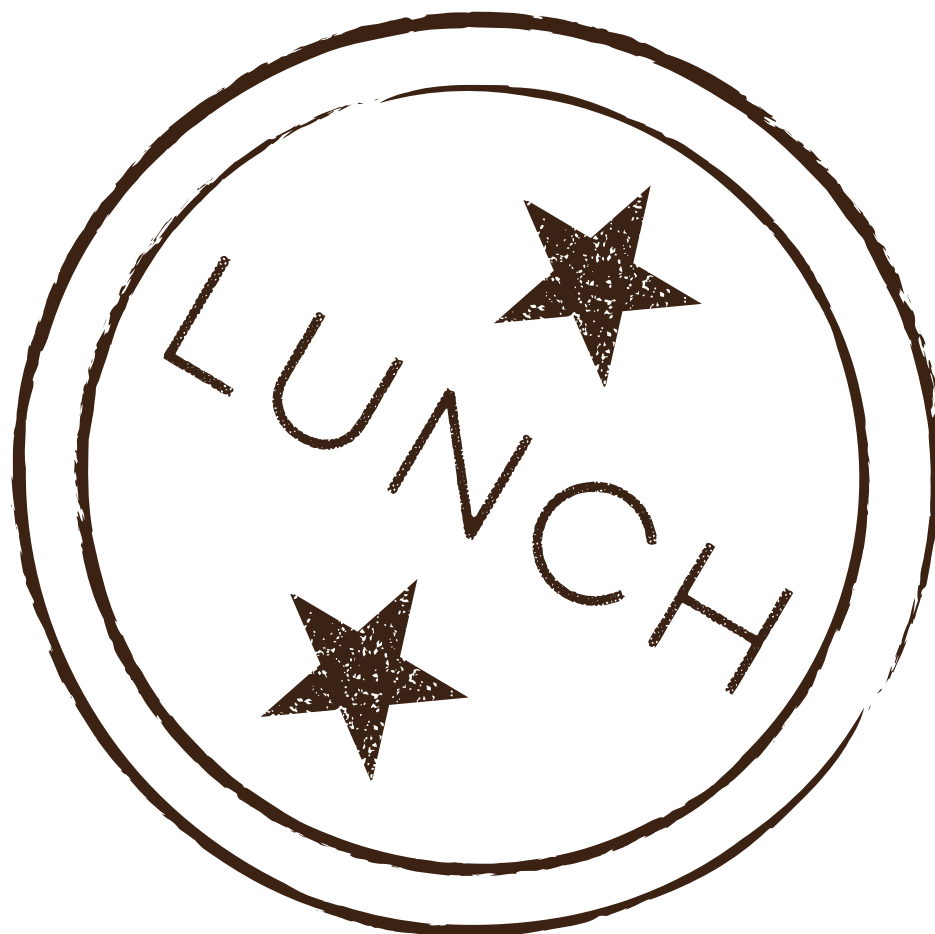


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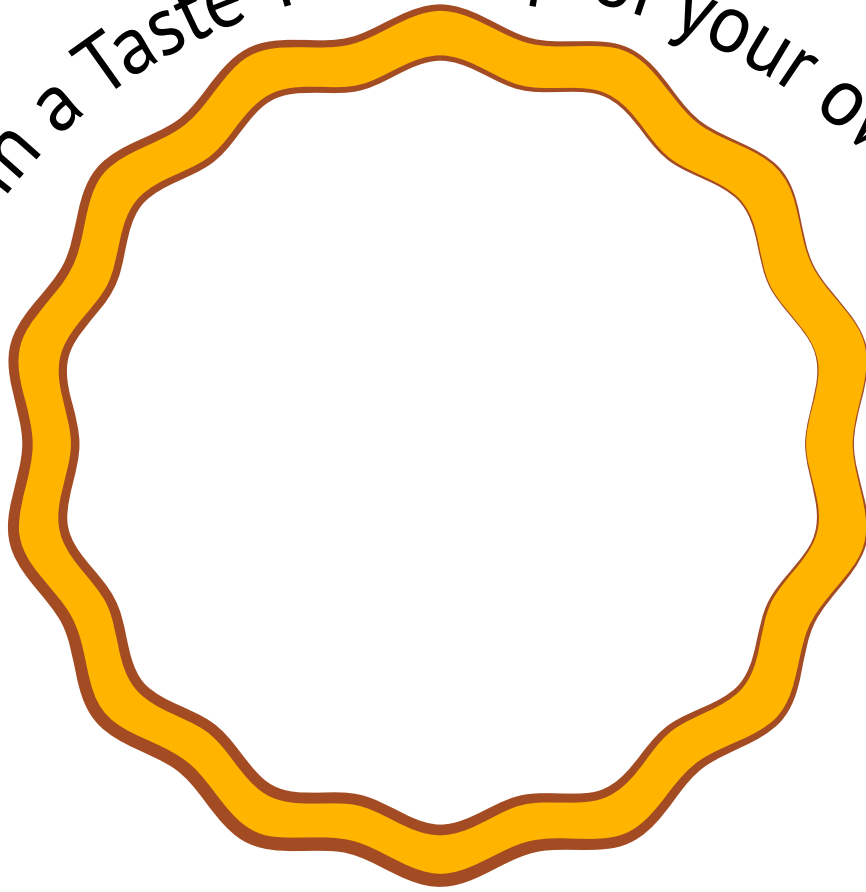
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PASSPORT**



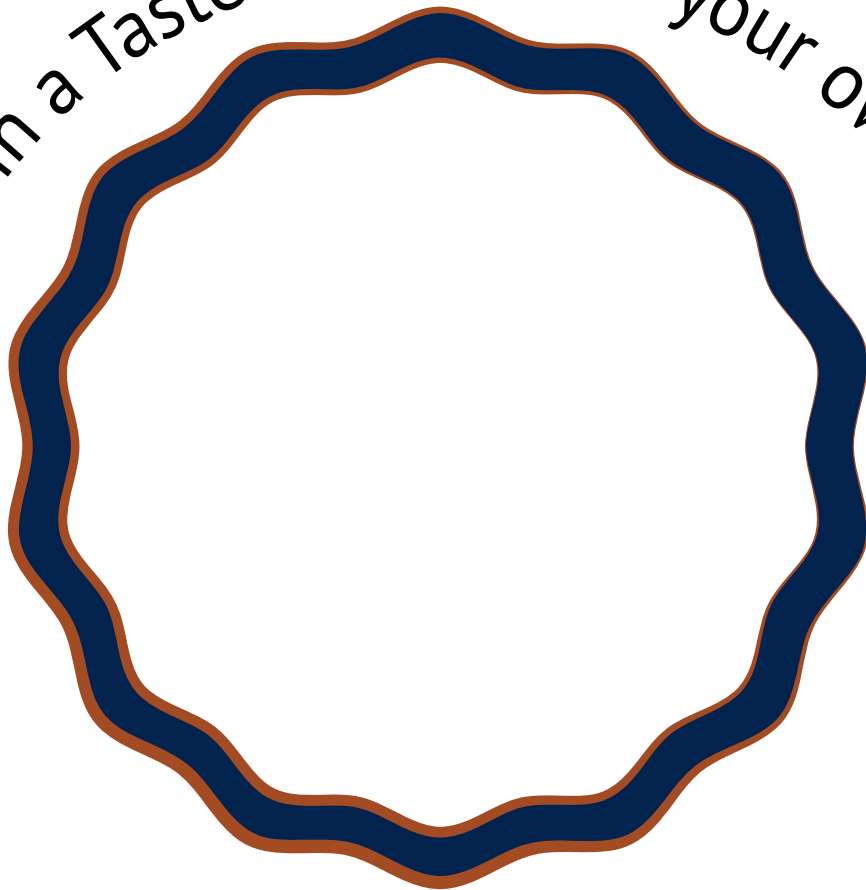
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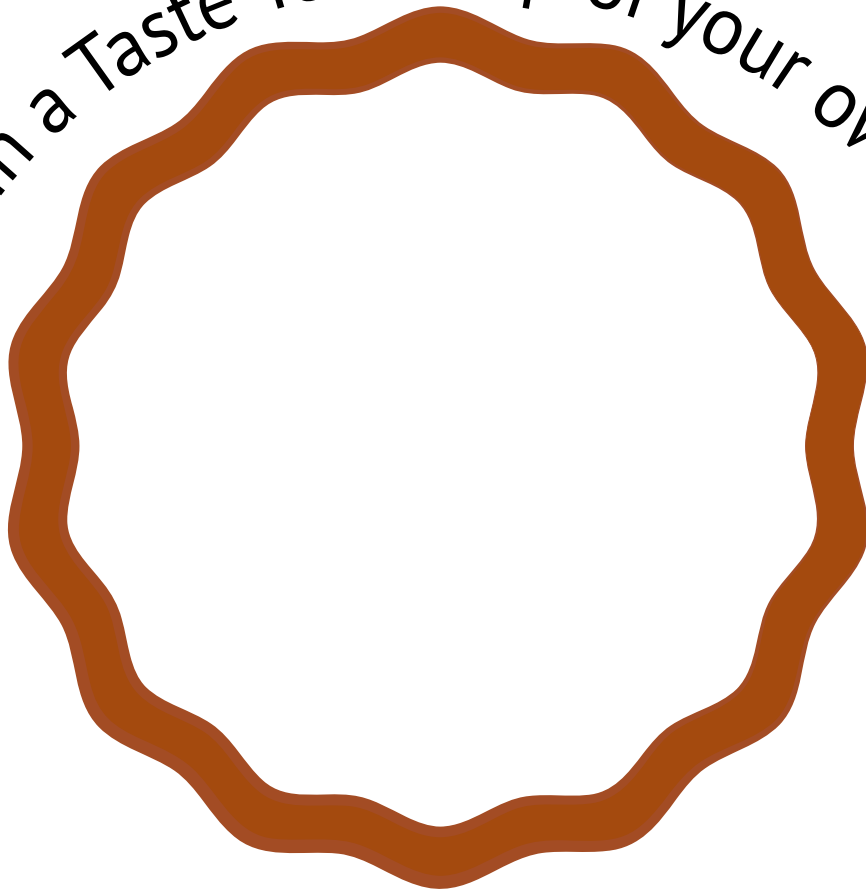
Add in a Taste Tour stop of your own!



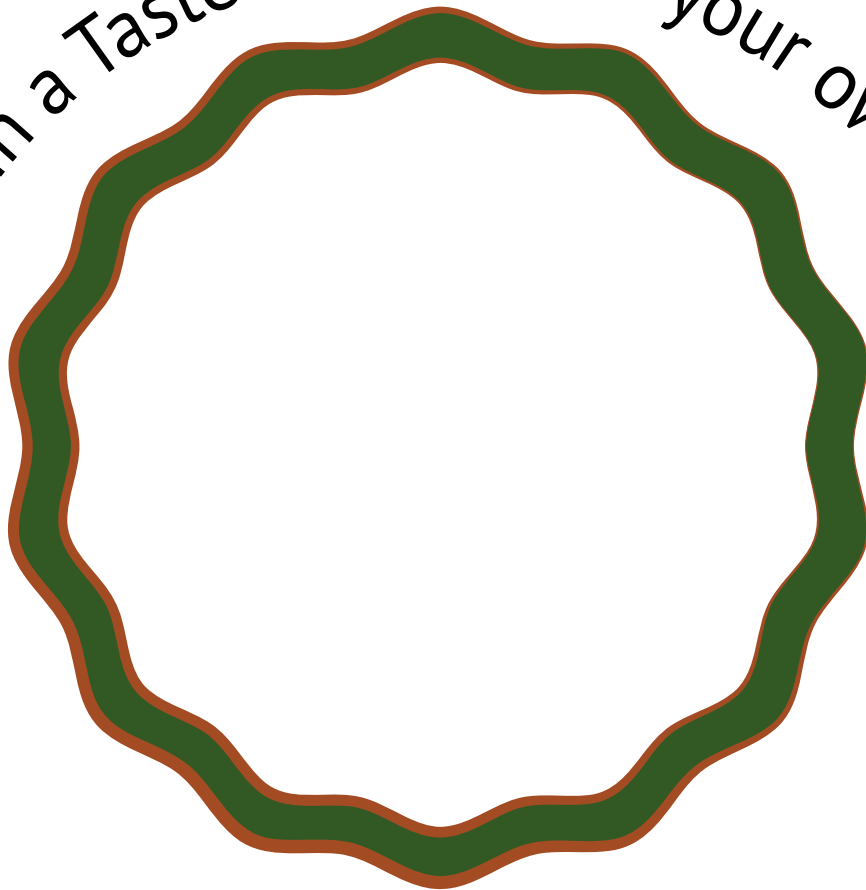
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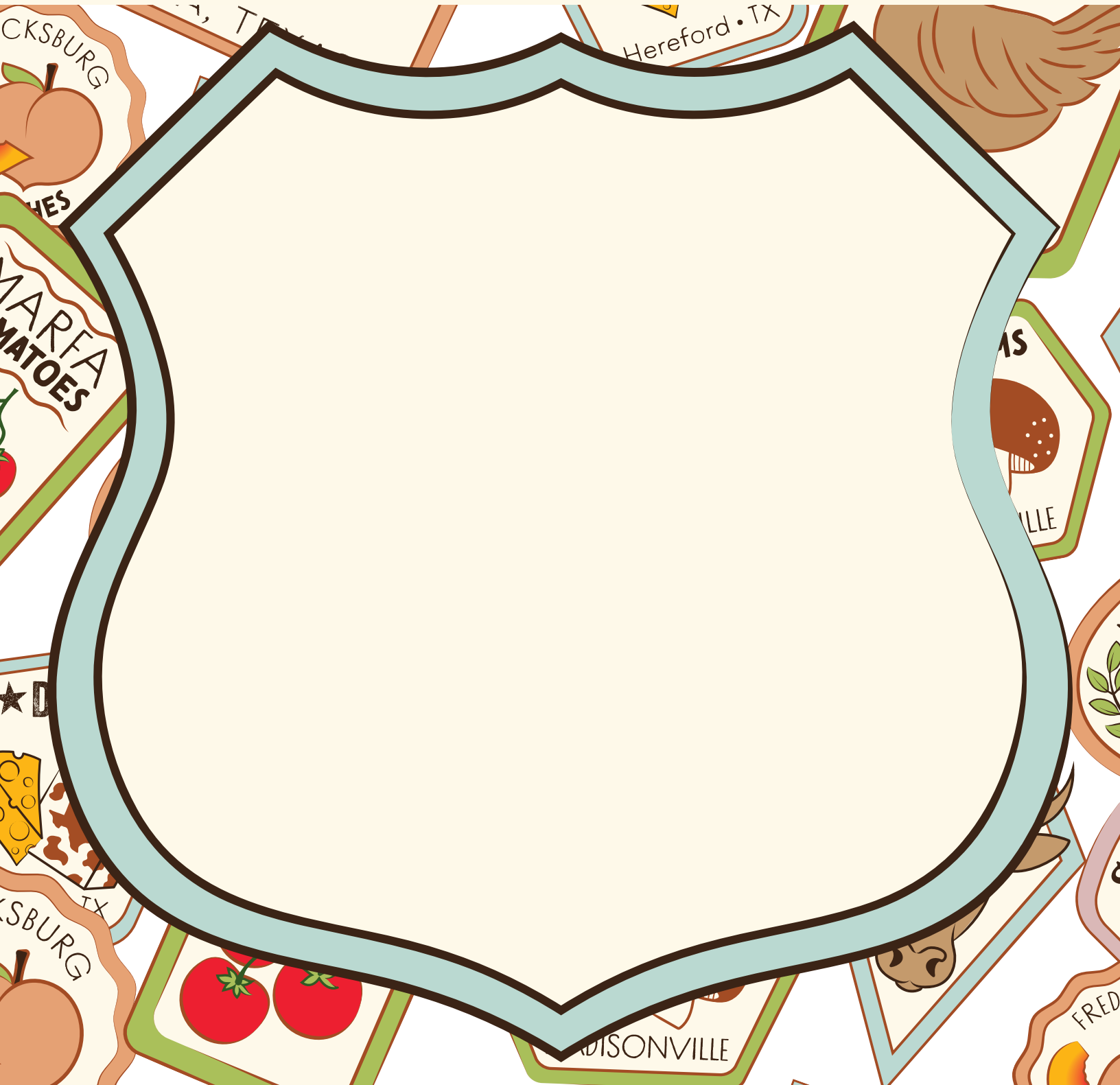


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TEXAS TOUR GUIDE



CUT

Highlight your staff with their names or photos on this badge!

CUT