

2019

SEPTEMBER

**GOOD
EATS AT**

 HIGH SCHOOL
DELI

**SPECIAL
ANNOUNCEMENTS**
BREAKFAST P

 HIGH SCHOOL
DELI:

 CHICKEN E
SWEET TEA
\$1.00

 TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

 This product was funded by USDA.
This institution is an equal opportunity provider.

**NO
SCHOOL**

2

 CHICK FIL A
SANDWICH
\$ 4.25
MEAL \$6.25

9

 CHICK FIL A
SANDWICH
\$ 4.25
MEAL \$6.25

16

 CHICK FIL A
SANDWICH
\$ 4.25
MEAL \$6.25

23

**NO
SCHOOL**

30

 ROSA'S 3 TACOS
RICE & BEANS
\$6.50

3

 ROSA'S 3 TACOS
RICE & BEANS
\$6.50

10

 ROSA'S 3 TACOS
RICE & BEANS
\$6.50

17

 ROSA'S 3 TACOS
RICE & BEANS
\$6.50

24

 PAPA JOHN
PIZZA
\$ 2.00 A SLICE

4

 PAPA JOHN
PIZZA
\$ 2.00 A SLICE

11

 PAPA JOHN
PIZZA
\$ 2.00 A SLICE

18

 PAPA JOHN
PIZZA
\$ 2.00 A SLICE

25

 CICKEN E MEAL
\$6.00

5

 CICKEN E MEAL
\$6.00

12

 CICKEN E MEAL
\$6.00

19

 CICKEN E MEAL
\$6.00

26

 CHEESE BUGER
BASKET
FRIES
COOKIE
WATER
BOTTLE/CAN SODA
\$5.00

6

 PERSONAL
PIZZA
BOTTLE
WATER/CAN
SODA \$5.00

13

 CHICKEN TENDER
BASKET
FRIES
WATER
BOTTLE/CAN
SODA \$5.00

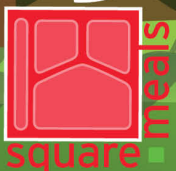
20

 3 CRISPITOS W/
CHEESE SAUCE
\$5.00

27

**GET
READY**
**FOR NATIONAL
SCHOOL LUNCH WEEK**
OCTOBER 14-18

SquareMeals.org/NSLW

 I'm
BIANCA
"BOOST"
BLUEBERRY




Bianca Blueberry was born on Healthyville farm in the back corner next to the old electric fence. Her stem got a continuous low-voltage charge for months. The electricity gave her a super charge to activate her antioxidant powers for fighting diseases. She uses her powers to fly to other blueberry bushes and pass on her powerful antioxidants so other blueberries can help people take care of their hearts and stay healthy.

BIANCA "BOOST" Blueberry

WHAT TO KNOW

Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

BIANCA'S
FAVORITE
ACTIVITIES
Bouncing on the
Trampoline

BAKED BERRY OATMEAL

Ingredients:

2 cups Old fashioned rolled oats
1 tsp. Baking powder
1 tsp. Cinnamon
¼ tsp. Salt
2 Eggs
½ cup Brown sugar
1½ tsp. Vanilla
2 cups Nonfat or 1% milk
4 tsp. Butter or margarine, melted
2 cups berries, fresh or frozen
(blueberries, raspberries, blackberries)
¼ cup Walnuts, chopped (optional)



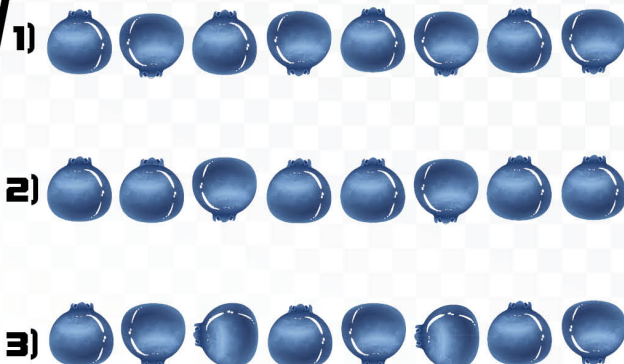
Directions:

1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

POWER HIGH FLYING and disease fighting

FINISH THE PATTERN

Look for the pattern and find out which direction the blueberry will face next.



Answer Key: 1) up 2) down 3) left

JOKE OF THE MONTH

Q: Why don't
blueberries drive?

A: They always get
into a traffic jam

