

2019

SEPTEMBER

**GOOD
EATS AT**

 HIGH SCHOOL
LUNCH

**SPECIAL
ANNOUNCEMENTS**

 HIGH SCHOOL LUNCH
STUDENTS PRICES
LUNCH \$3.25
REDUCED \$.40
BREAKFAST \$2.25
REDUCED \$.30

 TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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

NO SCHOOL

2

 CHICKEN FRIED
STEAK
MASHED
POTATOES
ROLL
SLICED PEACHES 3

 TACO SALAD
REFRIED BEANS
FRUIT COBBLER

4

 CHICKEN
PARMESAN
OVER NOODLES
STEAMED
BROCCOLI
MIX FRUIT

5

 CHILI DOGS
FRITOS
BAKED BEANS
FRESH FRUIT

6

 BBQ CHICKEN
GREEN PEAS
ROLLS
APPLESAUCE

9

 BAKED ZITI
GARLIC TOAST
GARDEN SALAD
FRESH FRUIT

10

 BEEF
ENCHILADAS
PINTO BEANS
TOSSED SALAD
BLUEBERRIES

11

 MINI CORN
DOGS
MAC & CHEESE
GHREEN PEAS
JELLO

12

 TURKEY &
CHEESE SUB
CHIPS
LETUCE CUP
FRESH FRUIT

13

 SALISBURY STEAK
MASHED
POTATOES
ROLL
BLUEBERRIES

16

 CHICKEN
ALFREDO
GARDEN SALAD
GARLIC TOAST
JELLO

17

 BEEF & CHEESE
NACHOS
JALAPENOS
REFRIED BEANS
TOSSED SLAD
APPLESAUCE

18

 CHICKEN POT
PIE
BREAD STICKS
ROASTED
BROCCOLI

19

 BBQ SANDWICH
PICKLE SPERAS
TATOR TOTS
MIX FRUIT

20

 STEAK FINGERS
MASHED
POTATOES
ROLL
SLICED PEACHES 23

23

 PIZZA
CUCUMBER
SALAD
BREAD STICK
BLUEBERRIES

24

 CHICKEN
QUESADILLAS
PINTO BEANS
TOSSED SALAD
FRUIT COBBLER 25

25

 SHEPHERD'S PIE
BREAD STICK
STEAMED
BROCCOLI
BLUEBERRIES

26

 CHICKEN SALAD
SANDWICH
CHIPS
SALAD CUP
FRESH APPLES

27

NO SCHOOL

30

**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)



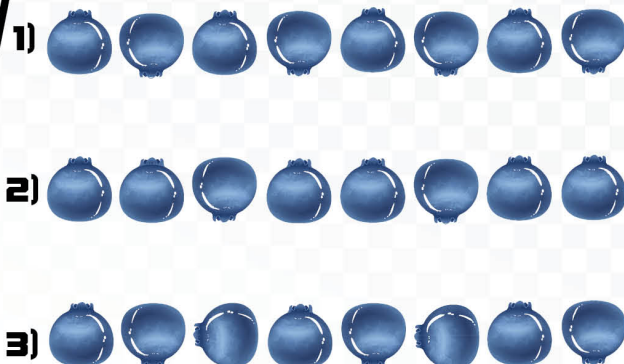
Directions:

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

