

2019

# SEPTEMBER

**GOOD  
EATS AT**

 ELEMENTARY  
BREAKFAST

**SPECIAL  
ANNOUNCEMENTS**

ELEMENTARY BREAKFAST;

 Student prices breakfast  
\$2.25 reduced \$ .30  
lunch \$3.00 reduced \$ .40

 FRESH FRUIT IS OFFERD DAILY:  
FRUIT JUICE  
1% WHITE MILK  
FAT FREE CHOCOLATE MILK

 TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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

**NO  
SCHOOL**

2

 BREAKFAST  
PIZZA  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

9

 FRENCH TOAST  
STICKS  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

16

 BREAKFAST  
BAR  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

23

**NO  
SCHOOL**

30

 BREAKFAST  
PIZZA  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

3

 PANCAKES  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

10

 BREAKFAST  
PIZZA  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

17

 WAFFLES  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

24

 WAFFLES  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

4

 BREAKFAST  
BAR  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

11

 CINNAMON  
ROLLS  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

18

 BREAKFAST  
PIZZA  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

25

 MUFFINS  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

5

 WAFFLES  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

12

 PANCAKE ON A  
STICK  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

19

 PANCAKES  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

26

 PARFAITS  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

6

 MUFFINS  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

13

 BREAKFAST  
BAR  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

20

 PARFAIT  
OR  
CEREAL/TOAST  
FRUIT JUICE  
MILK

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)



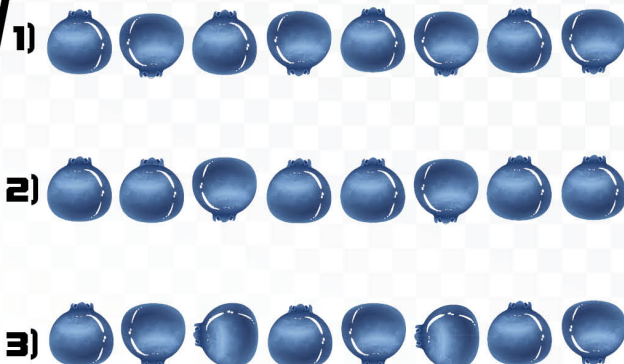
#### Directions:

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

