

2019

# SEPTEMBER

**GOOD  
EATS AT**
**NEWTON  
ISD**
**SPECIAL  
ANNOUNCEMENTS**

 MENU IS SUBJECT TO  
CHANGE  
CARROT STICKS SERVED  
DAILY

 JUICE & MILK SERVED DAILY  
@ BREAKFAST

 VARIETY OF MILK & FRUIT  
SERVED DAILY @ LUNCH
**M**

HOLIDAY

2

**T**

HONEY BUN &amp; CEREAL

\*\*\*\*\*

 CORNDOG  
FRENCH FRIES  
BAKED BEANS  
PARFAIT

3

**W**

KOLACHE &amp; FRESH FRUIT

\*\*\*\*\*

 MEAT SAUCE &  
SPAGHETTI  
GARLIC BREAD  
CORN  
STEAMED BROCCOLI

4

**TH**

PANCAKE ON A STICK

\*\*\*\*\*

 CHICKEN FRIED STEAK  
MASHED POTATOES  
GRAVY  
ROLLS  
GREEN BEANS

5

**F**

JAMMWICH

\*\*\*\*\*

 CHEESE BURGER  
CURLY FRIES  
SALAD  
VEG. BLEND

6

COCOA CHERRY BAR  
& CEREAL

\*\*\*\*\*

 PULLED PORK  
SANDWICH  
BAKED BEANS  
OVEN BAKED FRIES

9

BREAKFAST BURRITO

\*\*\*\*\*

 CHICKEN STRIPS  
MASHED POTATOES  
GRAVY  
GREEN BEANS  
ROLL

10

JAMMWICH & FRESH  
FRUIT

\*\*\*\*\*

 BURRITO /CHEESE  
SAUCE  
REFRIED BEANS  
SPANISH RICE

11

YOGURT &amp; GRANOLA

\*\*\*\*\*

 PIZZA  
MEXICAN CORN  
STEAMED BROCCOLI  
PARFAIT

12

MUFFIN &amp; CEREAL

\*\*\*\*\*

 CHICKEN SANDWICH  
CURLY FRIES  
SALAD  
VEG. MEDLEY

13

POPTART &amp; CEREAL

\*\*\*\*\*

 BBQ RIBLETE ON  
BUN  
BAKED BEANS  
POTATO SALAD

16

BISCUIT &amp; SAUSAGE

\*\*\*\*\*

 STEAK FINGERS  
SCALLOP POTATOES  
BREAD STICK  
STEAMED BROCCOLI  
PARFAIT

17

APPLE FRUDEL &  
CEREAL

\*\*\*\*\*

 PIZZA  
CORN ON A COB  
STEAMED BROCCOLI  
JELLO

18

KOLACHE & FRESH  
FRUIT

\*\*\*\*\*

 OVEN FRIED CHICKEN  
RED BEANS & RICE  
BISCUIT

19

JAMMWICH &amp; CEREAL

\*\*\*\*\*

 HAMBURGER  
POTATO WEDGES  
SALAD  
VEG. MEDLEY

20

CEREAL BAR &  
YOGURT

\*\*\*\*\*

 HAM & CHEESE  
SANDWICH  
CHIPS  
STEAMED BROCCOLI

23

BREAKFAST TACO & FRESH  
FRUIT

\*\*\*\*\*

 MEAT & CHEESE NACHOS  
REFRIED BEANS  
SPANISH RICE  
PARFAIT

24

MINI CORNDOGS &  
FRESH FRUIT

\*\*\*\*\*

 LINK ON A BUN  
RANCH STYLE BEANS  
POTOTO SALAD  
CORN

25

BREAKFAST PIZZA

\*\*\*\*\*

 HAMBURGER STEAK &  
GRAVY  
RICE  
BLACKEYE PEAS  
CORNBREAD

26

DONUT &amp; CEREAL

\*\*\*\*\*

 CHILI DOG  
CHEESE CUP  
TATER TOTS  
VEG. MEDLEY

27

JAMMWICH &amp; CEREAL

\*\*\*\*\*

 FISH  
MAC & CHEESE  
PEAS  
CORNBREAD

30

**GET  
READY**
**FOR NATIONAL  
SCHOOL LUNCH WEEK**
**OCTOBER 14-18**
[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)

 TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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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)



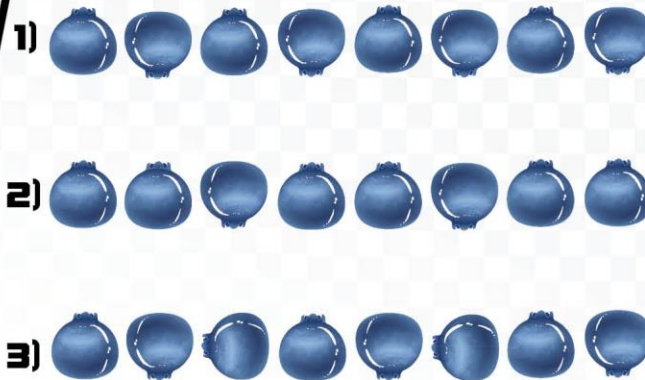
#### Directions:

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

