

2019

SEPTEMBER

**GOOD
EATS AT**

Lockney ISD
Cafeteria
310 SW 8th St
Lockney, TX

**SPECIAL
ANNOUNCEMENTS**

Breakfast Times:
K-5th from
7:30am-8:00am
6th-12th Grades @
8:40am in Classroom.

I'm
BIANCA
"BOOST"
BLUEBERRY

**No SCHOOL
LABOR DAY**

2

Cheese Omelet
w/flour tortilla
Fruit Juice
Fruit
Milk

3

Waffles &
Sausage OR
Cereal & Toast
Fruit Juice
Fruit & Milk

4

Breakfast Pizza
OR PBJ
Fruit Juice
Fruit & Milk

5

Donut OR French
Toast
Sausage
Fruit Juice
Fruit & Milk

6

Pancakes &
Sausage OR
Cereal & Toast
Fruit Juice
Fruit & Milk

9

Breakfast Burrito
Hash Browns OR
PBJ
Fruit Juice
Fruit & Milk

10

Scrambled Eggs
Bacon
Biscuit
Gravy
Fruit Juice
Fruit & Milk

11

Sausage Kolache
Yogurt OR Graham
Crackers & Cheese
Stick
Fruit Juice
Fruit & Milk

12

Breakfast
Sandwich OR
Muffin & Yogurt
Fruit Juice
Fruit & Milk

13

Waffles & Bacon
OR Cereal &
Toast
Fruit Juice
Fruit & Milk

16

Sausage, Egg, &
Cheese Biscuit
Fruit Juice
Fruit & Milk

17

Breakfast Pizza
Fruit Juice
Fruit
Milk

18

Cheesy Toast &
Sausage
OR PBJ
Fruit Juice
Fruit & Milk

19

Scrambled Eggs
OR Cereal
Toast
Fruit Juice
Fruit & Milk

20

Sausage Biscuit
OR Muffin &
Yogurt
Fruit Juice
Fruit & Milk

23

Breakfast
Burrito OR PBJ
Fruit Juice
Fruit & Milk

24

Chicken &
Waffles OR
Cereal & Toast
Fruit Juice
Fruit & Milk

25

Stuffed Bagel &
Sausage OR
Breakfast Crackers
& Cheese
Fruit Juice
Fruit & Milk

26

Dutch Waffle
Bacon OR Cereal
& Toast
Fruit Juice
Fruit & Milk

27

Breakfast Pizza
Fruit Juice
Fruit
Milk

30

**GET
READY**
**FOR NATIONAL
SCHOOL LUNCH WEEK**
OCTOBER 14-18
SquareMeals.org/NSLW


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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





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)



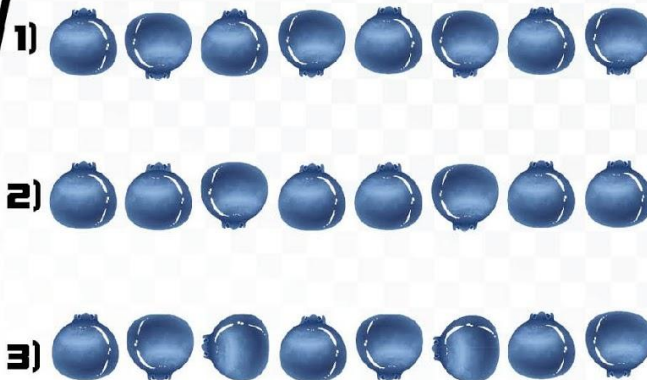
Directions:

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