

2019

# SEPTEMBER

**GOOD  
EATS AT**

Lockney ISD  
Cafeteria  
310 SW 8<sup>th</sup> St.  
Lockney, TX  
806-652-3321  
ext. 306

**SPECIAL  
ANNOUNCEMENTS**

PK 11:00-11:30  
Kinder 11:10-11:40  
1<sup>st</sup> 11:20-11:50  
2<sup>nd</sup> 11:30-12:00  
3<sup>rd</sup> 11:50-12:20  
4<sup>th</sup> 11:40-12:10  
5<sup>th</sup> 12:00-12:30  
JH 11:52-12:32  
HS 12:30- 1:00



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

**M**

NO SCHOOL  
LABOR DAY

2

**T**

Meatball Sub &  
Tots OR Chili  
Cheese Tots  
Veggie Cup  
Strawberries  
Milk

3

**W**

Chicken Nuggets  
Mac & Cheese  
Green Beans  
Garden Salad  
Grapes & Milk

4

**TH**

Pizza OR Grilled  
Cheese w/chips  
Tomato Soup  
Corn  
Fruity Gelatin  
Milk

5

**F**

Stuffed Baked  
Potato  
Roll  
Cucumbers  
Carrots  
Applesauce  
Cookie & Milk

6

I'm  
**BIANCA**  
"BOOST"  
BLUEBERRY

Breaded Drumstick  
OR  
Pig in a Blanket  
Sweet Potatoes  
Corn  
Grapes & Milk

9

Crispy Tacos  
Veggie Cup  
Beans  
Lettuce & Tomato  
Oranges & Milk

10

Lasagna OR Ravioli  
Steamed Veggies  
Fresh Broccoli  
Roll  
Fruit Cup  
Cookie & Milk

11

Hamburger  
Fries  
Carrots  
Snowball Salad  
Milk

12

Chicken Parmesan  
Breadstick  
Green Beans  
Garden Salad  
Pineapple Tidbits  
Cookie & Milk

13

Country Fried  
Steak Or Meatloaf  
Mashed Potatoes  
Okra, Roll  
Strawberries &  
Milk

16

Enchiladas  
Cucumbers  
Refried Beans  
Rosy Applesauce  
Salsa & Milk

17

Chicken Tenders  
Texas Toast  
Broccoli, Carrots  
Mixed Fruit  
Cookie & Milk

18

Chicken Spaghetti  
Breadstick OR  
Pizza  
Garden Salad  
Carrots  
Apples & Milk

19

Fish Sticks  
Mac & Cheese  
Coleslaw  
Green Beans  
Oranges  
Cookie & Milk

20

Steak Fingers OR  
Philly Cheese Steak  
Potatoes  
Tomato Cup  
Strawberries &  
Bananas & Milk

23

Spaghetti w/ Meat  
Sauce  
Garden Salad  
California Blend  
Veggies  
Fruit Cup & Milk

24

Boneless Chicken  
Wings Or Chili &  
Cornbread  
Celery & Carrots  
Peaches  
Pudding & Milk

25

Taco & Tamales  
OR Chicken  
Quesadilla  
Corn, Beans  
Fresh Fruit & Milk

26

Popcorn Chicken  
Roll  
Vegetable Medley  
Potatoes  
Pears  
Cookie & Milk

27

Corndog  
Tater Tots  
Baked Beans  
Apple-Pineapple  
D'lite  
Milk

30

**GET  
READY**
**FOR NATIONAL  
SCHOOL LUNCH WEEK**

**OCTOBER 14-18**  
SquareMeals.org/NSLW







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

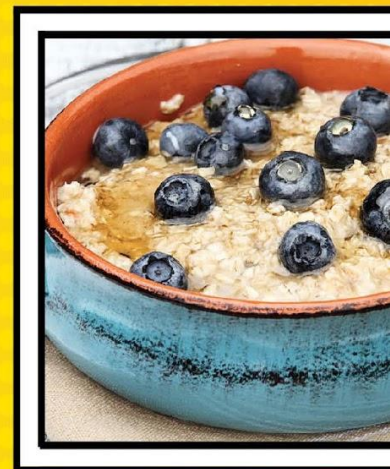
Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

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)



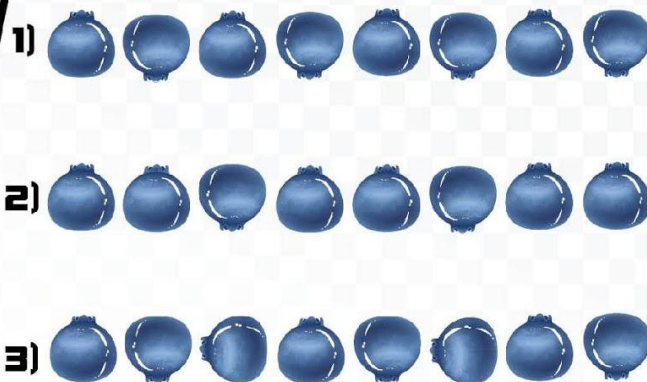
#### Directions:

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