

SEPTEMBER

2018

GOOD
EATS AT

SEAGRAVES
SCHOOLS

LUNCH
MENU

SPECIAL
ANNOUNCEMENTS

Salad entrées offered daily for Junior High and High School, and Monday/Wednesday/Friday for Elementary. Offered daily - Variety of fruit, vegetables, and milk

* indicates items offered

M

Labor Day
Holiday

3

T

Spaghetti Bowl
w/ Breadsticks
Or French Bread Pizza
Garden Salad
Vegetable Blend
Choc/Van Pudding

4

W

Boneless Chicken
Wings w/ Chips
Or Texas Chili
Celery Sticks
Carrot Stick
Orange Smiles

5

TH

Mexican Combo Plate
Or Chicken Quesadilla
Rice
Mexican corn
Refried Beans
Sliced Peaches

6

F

Popcorn Chicken
Roll Or
Sloppy Joe Sandwich
Broccoli Bites
Oven Fries
Fresh Seasonal Fruit

7

I'm
SPEEDY CUE
to the rescue!

Breaded Drumstick
Texas Toast Or
Pizza Choice
Baby Carrots
Seasoned Corn
Fresh Grapes

10

Crispy Tacos
Or Frito Pie
Fresh Veggie Cup
Charro Beans
Apple-Pine Delight
Lettuce & Tomato

11

Stuffed Shell OR
Chicken Nuggets
Mashed Potato
Garden Salad
Tuscan Vegetables
Roll

12

Hamburger / Cheese
Hamburger w/Garnish
Or Hot Dog
Oven Fries
Baby Carrots
Orange Smiles

13

Pulled Pork Sliders
Or Chicken Parmesan
Garden Salad
Savory Green Beans
Chilled Pineapple

14

Corn Dogs w/Tater
Tots Or Oven Roasted
Chicken
Broccoli Bites & Roll
Baked Beans
Apple-Pineapple

17

Nacho Grande
Refried Beans
Or Taco Soup
W/ cornbread
Tomatoe Cups
Cucumber Cups
Lime Sherbet

18

Chicken Sandwiches
Oven Fries Or
X-Treme Burrito
Corn, veggie Cups
Lettuce & Tomato
Mandarin Oranges

19

Asian Bowl & Egg Roll
Or Salisbury Steak Brown
Gravy, Biscuit, Potatoes
Garden Salad
Fruity Gelatin

20

Pizza Choice Or
Ham & Cheese Melt
Multigrain Chips
Baby Carrots
Crunchy Broccoli
Fruit & Brownie

21

Country Fried Steak
Or Eagle Meatloaf
Mashed Potatoes
Okra
Roll
Strawberries

24

Meat & Cheese Chalupas
Spanish Rice Or
Enchiladas
Spanish Rice
Refried Beans
Rosy Applesauce

25

Chicken Tenders
Texas Toast & Gravy
Or Hamburgers
Hamburger Garnish
Sweet Potato Fries
Mixed Fruit

26

Chicken Spaghetti
W /Breadsticks Or
Pizza Choice
Garden Salad
Carrots
Apple Slices

27

Shrimp Poppers
Mac & Cheese Or
BBQ On Bun
Coleslaw
Savory Green Beans
Orange Smiles

28

GET

FOR NATIONAL
SCHOOL LUNCH WEEK



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

SPEEDY CUE

Cucumber



Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground with super-cucumber speed. Speedy Cue shared with all the cucumbers the copper, magnesium, potassium, and manganese he collected in the molten burst.

Now all the cucumbers in the world are good sources of these minerals that promote overall good health.

POW!

ARCH ENEMY

Drought. It slows Speedy Cue down and he can't grow as fast.

CUCUMBER-YOGURT SAUCE

Ingredients:
½ tsp. Garlic, raw, minced

FUN FACTS

- Cucumbers are 95 percent water.
- There are 34 calories in a whole cucumber.
- Cucumbers belong to the Cucurbitaceae family, which includes melons, squash, and pumpkins.

SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

HELPING OUT AT HOME!

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.



MAD LIB!
BECOMING PART OF A
SUPER FOOD S

