

SEPTEMBER

2018

GOOD EATS AT

Siebert Elementary Lunch

SPECIAL ANNOUNCEMENTS

A milk variety and water is available with each meal.

* This Institution is an equal opportunity provider.

M	T	W	TH	F
School Holiday 3	Nachos Grande or Soup Of The Day, Refried Beans, Salsa, Tiny Tomato Cups, Cucumber Slices, Peaches, and a Lime Sherbet Cup 4	Chicken Sandwich or X-Treme Burrito, Oven Fries, Seasoned Corn, Fresh Veggie Cups, Mandarin Oranges 5	Asian Bowl with Egg Roll or Hamburger Steak with Brown Gravy and Biscuit, Roasted Potatoes, a Garden Salad and Fruity Gelatin 6	Maverick Pizza or Ham and Cheese Melt, Multi Grain Chips, Glazed Carrots, Crunchy Broccoli Salad, Fresh Seasonal Fruit, and a Brownie 7
Country Fried Steak with Gravy or Maverick Meatloaf Mashed Potatoes, Fried Okra, Rolls and Strawberry 8	Meat & Cheese Chalupas, Enchiladas, Salsa, Refried Beans, Zesty Cucumber Cups and Rosy Applesauce 11	Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger Oven Fries, Steamed Broccoli, Mixed Fruit Cup and Crispy Cereal Treat 12	Domino's Pizza Chicken Spaghetti with Bread Stick, Garden Salad, Glazed Carrots, Apple Slices, 13	Fish Sticks with Mac-N-Cheese, BBQ on a Bun, Cauliflower Cups Savory Green Beans, Orange Smiles 14
Texas Basket, Hamburger/Cheese Burger, Oven Fries, Fresh Veggie Cups, and Mixed Fruit Cups 17	Tex-Mex Stack, or Chicken Fajitas, Charro Beans, Tiny Tomato Cups, Salsa peaches and a Cookie 18	Chicken Alfredo with Bread Stick, Pizza Pockets Tuscan Vegetables, a Garden Salad and Hot Cinnamon Apples 19	Ranchero Wrap, Country Pot Pie, Steamed Broccoli, Fresh Veggie cups, Snowball Salad 20	Maverick Chicken Bowl, Breaded Pork Chop, Mashed Potatoes and Gravy, Savory Green Beans, Fresh Apples 21
No Classes For Students 24	Meatball Sub Sandwich, Chili Cheese Combo, Tater Tots, Fresh Veggie cup, Mixed Fruit Cups 25	Chicken Nuggets with Mac N Cheese or Asian Bowl Savory Green Beans, a Garden Salad, and Fruity Gelatin 26	Domino's Pizza, Fiesta Bowl, Seasoned Corn, Tiny Tomato Cups, and Fruity Gelatin 27	Hamburger/ Cheese burger, or Frito Pie Glazed Carrots, Cucumber Slices, Cinnamon Applesauce, and a Cookie 28



I'm SPEEDY CUE to the rescue!

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

SPEEDY CUE'S FAVORITE ACTIVITIES Running and

FUN FACTS

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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