

SEPTEMBER

2018

GOOD
EATS AT

GARY ISD Lunch

SPECIAL
ANNOUNCEMENTS

LUNCHES SERVED DAILY: Special Entrée, Choice of Vegetables, Fruit, Whole Grain Bread and Milk (Flavored Fat Free, or Unflavored 1%) YOU MUST SELECT 3 Components for the National Lunch Program. CHEF SALADS as whole meals by preorder ONLY FOR 3RD-6TH Gr Tues-Thurs. Chef Salads for JH & HS and staff are first come first serve, unless pre-ordered. Questions or Comments: 903-685-2291 ext. 2503 jmiller@garyisd.net



M	T	W	TH	F
<p>HOLIDAY Labor Day</p> <p>3</p>	<p>Chicken Sandwich Sandwich Veggies Ranch Style Beans Sweet Potato Bites Fruit 4</p>	<p>Chicken Fajita Spanish Rice Pinto Beans Salad w/Ranch Fruit 5</p>	<p>Cheesy Lasagna Green Peas Salad w/Ranch Garlic Toast Fruit 6</p>	<p>Cheese Burger Sandwich Veggies Potato Wedges Cookie Fruit 7</p>
<p>Chicken Strips Tater Stars Broccoli w/Cheese Texas Toast Fruit 10</p>	<p>Burrito Spanish Rice Refried Beans Mexicali Corn Fruit 11</p>	<p>BBQ Beef Sandwich Potato Chips Carrot Sticks w/Ranch Fruit 12</p>	<p>Chicken Alfredo Italian Veggies Salad w/Ranch Garlic Breadsticks Fruit 13</p>	<p>Stuffed Crust Pizza w/Marinara Sauce Cauliflower w/Ranch Salad w/Ranch Cookie Fruit 14</p>
<p>Salisbury Steak Scalloped Potatoes Steamed Cabbage Roll Fruit 17</p>	<p>BBQ Chicken Potato Salad Baked Beans Roll Fruit 18</p>	<p>Grilled Cheese Sandwich Tomato Soup Salad w/ Ranch Fruit 19</p>	<p>Spaghetti in Meat Sauce Green Beans Salad w/Ranch Garlic Toast Fruit 20</p>	<p>Chili Dog/Hot Dog Doritos Chips Celery Sticks w/ SunButter or Ranch Cookie Fruit 21</p>
<p>Chicken Nuggets Potato Smiles Cucumbers w/Ranch Roll Fruit 24</p>	<p>Sloppy Joe Mac N Cheese Coleslaw Broccoli Trees w/Ranch Fruit 25</p>	<p>Frito Pie Salsa Pinto Beans Salad w/Ranch Fruit 26</p>	<p>Teriyaki or Sweet & Sour Chicken Brown Rice Chinese Vegetables Orange Glaze Carrots Fruit 27</p>	<p>STAFF DEVELOPMENT <i>No Students</i></p> <p>28</p>

GET
READY

FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nsiw


 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER

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

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.

SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

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.

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.



CUCUMBER-YOGURT SAUCE

Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, deseeded, finely chopped
- 1¼ cup Greek yogurt, 2%
- ½ tsp. Salt
- ¼ tsp. Black pepper, ground
- 1 T. Dill weed, fresh, chopped

Directions:

1. Combine all ingredients in a bowl and mix well.
2. Portion into 2 ounce serving cups.
3. Serving suggestion: serve cold with chicken pita sandwiches.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension



MAD LIB! BECOMING PART OF THE SUPER FOOD SQUAD!

Speedy Cue was not always a _____ adjective/noun who spent his time educating kids about eating their vegetables and dodging evil _____ plural noun. He was once a normal, average _____ noun. He had a _____ adjective life growing up on the farms of East Texas, the Rio Grande Valley and Texas' Winter Garden region.

JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!

