

2019

# SEPTEMBER



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

## GOOD EATS AT

**F**

Pancakes w/Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 6

Biscuit & Gravy w/eggs and Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 13

Biscuit & Gravy w/eggs and Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 20

Biscuit & Gravy w/eggs and Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 27

**TH**

Fruit Parfait  
Cinnamon Toast  
Cereal Choices  
Fruit on Hand  
Milk Choices 5

Oatmeal Muffin & Sausage  
Cereal Choices  
Fruit on Hand  
Milk Choices 12

Fruit Parfait  
Cinnamon Toast  
Cereal Choices  
Fruit on Hand  
Milk Choices 19

Cream of Wheat w/Muffin & Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 26

**W**

Sausage and Eggs  
Croissant  
Cereal Choices  
Fruit on Hand  
Milk Choices 4

Donut  
Yogurt Cup  
Cereal Choices  
Fruit on Hand  
Milk Choices 11

Cinnamon Roll  
Sausage Link  
Cereal Choices  
Fruit on Hand  
Milk Choices 18

Ssg Pancake Stick  
Yogurt Cup  
Cereal Choices  
Fruit on Hand  
Milk Choices 25

**T**

Breakfast Wrap  
Hash Brown Sticks  
Sausage Biscuit  
Cereal Choices  
Fruit on Hand  
Milk Choices 3

Egg Frittata  
Texas Toast  
Cereal Choices  
Fruit on Hand  
Milk Choices 10

Breakfast Burrito  
Hash Brown Sticks  
Cereal Choices  
Fruit on Hand  
Milk Choices 17

Cheese Omelet  
Texas Toast  
Cereal Choices  
Fruit on Hand  
Milk Choices 24

**M**

No School  
Labor day 2

Waffles w/Bacon  
Cereal Choices  
Fruit on Hand  
Milk Choices 9

Sausage Kolaches  
Cereal Choices  
Fruit on Hand  
Milk Choices 16

French Toast  
Sausage Link  
Cereal Choices  
Fruit on Hand  
Milk Choices 23

No School  
Staff Development 30

## SPECIAL ANNOUNCEMENTS

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

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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:

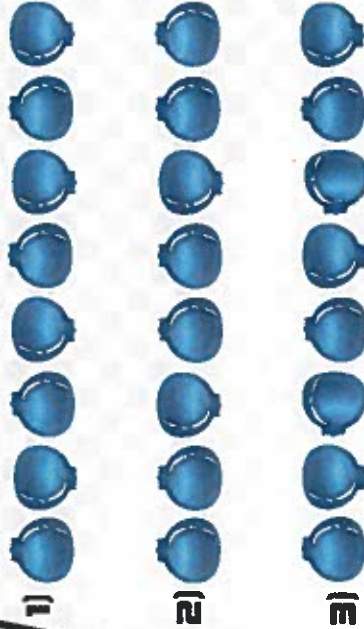
1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add 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

