

SEPTEMBER

2018

GOOD EATS AT

GARY ISD Breakfast

SPECIAL ANNOUNCEMENTS

OFFERED DAILY: Special Morning Entree, Sausage & Biscuit, OR Gab & Go Breakfast Choices (Choice of 2: Graham Cracker AND/OR a variety of cereal) including a fresh fruit or 100% Fruit Juice, AND choice of Milk; 1% White OR Fat Free Chocolate.

Questions or Comments:
903-685-2291 ext. 2503
jmiller@garyisd.net



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

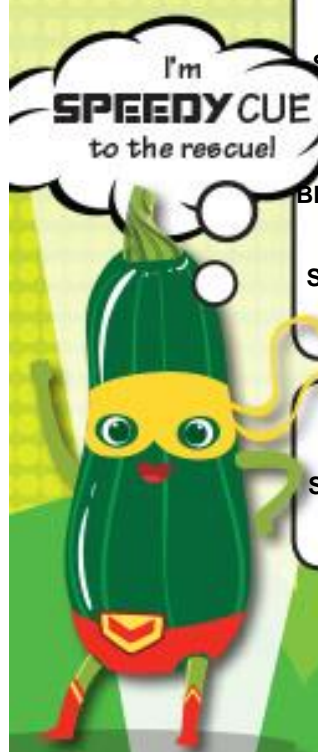


This product was funded by USDA.
This institution is an equal opportunity provider.

M	T	W	TH	F
HOLIDAY Labor Day 3	Egg Frittata w/Texas Toast Sausage & Biscuit Cereal Choices Fruit 4	Biscuit Eggs & Bacon Sausage & Biscuit Cereal Choices Fruit 5	Oatmeal w/Muffin Sausage & Biscuit Cereal Choices Fruit 6	Pancake Club Sandwich Sausage & Biscuit Cereal Choices Fruit 7
Sausage Pancake on a Stick w/Yogurt Cup Sausage & Biscuit Cereal Choices Fruit 10	Cinnamon Roll w/Sausage Link Sausage & Biscuit Cereal Choices Fruit 11	Sausage & Egg Croissant Sausage & Biscuit Cereal Choices Fruit 12	Fruit Parfait Cinnamon Toast Sausage & Biscuit Cereal Choices Fruit 13	Biscuit & Gravy w/Eggs & Bacon Sausage & Biscuit Cereal Choices Fruit 14
Blueberry Pancakes w/Bacon Sausage & Biscuit Cereal Choices Fruit 17	French Toast w/Sausage Sausage & Biscuit Cereal Choices Fruit 18	Ham, Egg & Cheese Ciabatta Sausage & Biscuit Cereal Choices Fruit 19	Cream of Wheat w/Muffin & Bacon Sausage & Biscuit Cereal Choices Fruit 20	Breakfast Burrito Hash Browns Sausage & Biscuit Cereal Choices Fruit 21
Morning Roll w/Cheese Stick Sausage & Biscuit Cereal Choices Fruit 24	Donut w/Yogurt Cup Sausage & Biscuit Cereal Choices Fruit 25	Waffles w/Sausage Link Sausage & Biscuit Cereal Choices Fruit 26	Fruit Parfait Cinnamon Toast Sausage & Biscuit Cereal Choices Fruit 27	STAFF DEVELOPMENT No Students 28

GET READY

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



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
 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



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.

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 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!