

# SEPTEMBER

2018

**GOOD  
EATS AT**

**Secondary  
Breakfast**

**SPECIAL  
ANNOUNCEMENTS**

Includes Fruit,  
100% Fruit Juice,  
Milk Variety and  
Water

\* This Institution is  
an equal  
opportunity  
provider.

School  
Holiday

**M**

3

Breakfast Burrito with  
Hash Browns,  
Glazed Donut with  
Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

**T**

4

Scrambled Eggs, Bacon  
and Biscuit with Gravy,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

**W**

5

Sausage Kolache,  
Dutch Waffle with  
Sausage,  
WGR Cereal Bar with  
Yogurt, or PBJ

**TH**

6

Morning Griddle  
Sandwich,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

**F**

7

Waffles with Bacon,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

10

Cinnamon Roll with  
Sausage,  
Donut with Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

11

Breakfast Pizza,  
Breakfast Fruit Parfait,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

12

Sausage, Egg and Cheese  
Sandwich, Dutch Waffle  
with Sausage,  
WGR Cereal Bar with  
Yogurt, or PBJ

13

Scrambled Eggs and  
Biscuit with Gravy, WGR  
Cereal Variety with  
Toast,  
Muffin & Yogurt

14

Sausage Biscuit,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

17

Breakfast Combo,  
Donut with Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

18

Chicken-N-Waffles,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

19

Pancakes with Sausage,  
Dutch Waffle with  
Sausage,  
WGR Cereal Bar with  
Yogurt, or PBJ

20

French Toast with  
Bacon,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

21

No School  
For  
Students

24

Chicken-N-Biscuit  
,Donut with Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

25

Biscuit and Gravy with  
Scrambled Eggs and  
Bacon,  
Breakfast Fruit Parfait  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

26

Pancake Wrap, with  
Yogurt,  
Dutch Waffle with  
Sausage,  
Breakfast Strudel with  
Cheese stick,  
PBJ

27

Cinnamon Roll with  
Sausage,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

28

**GET  
READY**

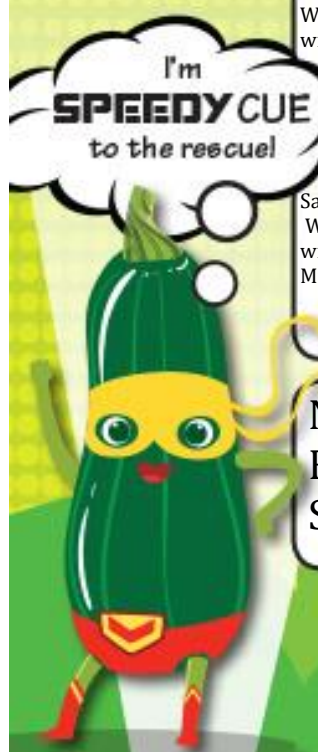
**FOR NATIONAL  
SCHOOL LUNCH WEEK  
OCTOBER 8-12  
SquareMeals.org/nslw**



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.

### CUCUMBER-YOGURT SAUCE

#### Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, deseeded, finely chopped
- ¼ 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.

### 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.



### 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 \_\_\_\_\_ noun life growing up on

### JOKE OF THE MONTH

