

SEPTEMBER

2018

GOOD EATS AT

GLASSCOC COUNTY
ISD

SPECIAL ANNOUNCEMENTS

MILK/JUICE OFFERED DAILY

CHOICE OF BREAKFAST ENTRÉE, CEREAL OR CEREAL BAR.

MENU SUBJECT TO CHANGE

ITEMS MARKED WITH *** ARE NA FOR PK STUDENTS

ICE CREAM FRIDAY! BRING



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
3

**BREAKFAST TAQUITO
FRUIT, CEREAL BAR**
Crispy Tacos, ***Beans
Fresh Veggie Cup
***Salsa, Orange Smiles
***Lettuce/Tomato 4

**WAFFLES, SAUSAGE
FRUIT, CEREAL**
Lasagna
Garden Salad w/Ranch
***Tuscan Vegetables
Pears, Roll 5

**BREAKFAST PIZZA
FRUIT, CEREAL BAR**
Hamburgers
Oven Fries, Carrots
Snoball Salad
***LettuceTomatoPickle 6

**FRENCH TOAST
SAUSAGE, FRUIT
CEREAL**
Chicken Parmesan
***Garden Salad, Ranch
Green Beans, Pineapple
***Breadstick 7

**PANCAKES, SAUSAGE
FRUIT, CEREAL**
Ham & Cheese Croissant
***Baked Beans
***Apple
Pineapple D'Lite 10

**BREAKFAST BURRITO
HASH BROWN, FRUIT
CEREAL BAR**
Nachos Grande, **Beans
Tomato & Cucumber
Slices/Ranch, Peaches
*** Lime Sherbet Cup 11

**SCRAMBLED EGGS
BISCUIT, CEREAL
GRAVY, BACON, FRUIT**
X-Treme Burrito
***Corn, ***Salsa
Fresh Veggies w/Ranch
Mandarin Oranges 12

**SAUSAGE KOLACHE
YOGURT, FRUIT
CEREAL BAR**
Hamburger Steak/Gravy
Roasted Potatoes
Garden Salad, w/Ranch
Fruity Gelatin, Biscuit 13

**GRIDDLE SANDWICH
FRUIT, CEREAL**
Pizza Choice
Carrots
***Broccoli Salad
Fresh Fruit ***Brownie
PK - Graham Crackers 14

**WAFFLES, BACON
FRUIT, CEREAL**
Country Fried Steak
Mashed Potatoes, Gravy
***Breaded Okra
Roll, Strawberries 17

**CHEESY TOAST, FRUIT
SAUSAGE, CEREAL BAR**
Enchiladas, ***Salsa
***Zesty Cucumbers
Beans, Rosy Applesauce 18

**BREAKFAST PIZZA
FRUIT, CEREAL**
Chicken Tenders
Broccoli, ***Sweet
Potato Fries, Mixed
Fruit, ***Biscuit
***Rice Cereal Treat 19

**SAUSAGE, EGG, CHEESE
SANDWICH, FRUIT
CEREAL BAR**
Pizza Choice
***Garden Salad w/Ranch
Carrots, Apple Slices 20

**SCRAMBLED EGGS
BISCUIT, GRAVY
FRUIT, CEREAL**
BBQ Sandwich
***Coleslaw, Green
Beans, Orange Smiles 21

**SAUSAGE BISCUIT
FRUIT, CEREAL**
Hamburgers, Oven Fries
Fresh Veggies w/Ranch
Mixed Fruit, ***Lettuce
***Tomato/Pickle 24

**BREAKFAST COMBO
FRUIT, CEREAL BAR
HASBROWNS**
Chicken Fajitas, ***Salsa
Beans, ***Tiny Tomato
Cup w/Ranch, Peaches 25

**CHICKEN-N-WAFFLES
FRUIT, CEREAL**
Pizza Pocket
***Tuscan Vegetables
Garden Salad w/Ranch
Hot Cinnamon Apples
***Cookie 26

**PANCAKES, SAUSAGE
FRUIT, CEREAL BAR**
Carne Guisada/Tortillas
***Broccoli, Fresh
Veggie Cup w/Ranch
Snoball Salad 27

**DUTCH WAFFLE
BACON, FRUIT
CEREAL**
Popcorn Chicken
Mashed Potatoes
Green Beans, Apple
Slices, ***Roll 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.



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!

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, seeded, 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.