



AUGUST

2018

GOOD EATS AT

I'm
PROFESSOR GREEN

GLASSCOCK
COUNTY
ISD

SPECIAL
ANNOUNCEMENTS

MILK/JUICE OFFERED
DAILY.

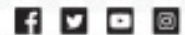
MENU SUBJECT TO
CHANGE.

ITEMS MARKED WITH **
ARE NA FOR PK STUDEN

**ICE CREAM FRIDAYS
BRING \$1.00**



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
		1	2	3
6	7	8	9	10
13	14	15	16	17
BREAKFAST PIZZA FRUIT, CEREAL Taquitos, Queso Beans, ***Corn ***Salsa, Fresh Fruit ***Fruit Crisp PK - Sliced Fruit 20	CHICKEN-N-BISCUIT FRUIT, CEREAL BAR Chili Cheese Combo Tator Tots, Cornbread ***Veggie Cup w/Ranch Peaches 21	BISCUIT, SCRAMBLED EGGS, BACON, GRAVY FRUIT, CEREAL Chicken Nuggets, Mac & Cheese, Green Beans, **Garden Salad/Ranch Strawberry Cup 22	SAUSAGE KOLACHE YOGURT, FRUIT CEREAL BAR Pizza Choice Corn, ***Tiny Tomato Cup w/Ranch Fruity Gelatin 23	SAUSAGE BISCUIT FRUIT, CEREAL Hamburger Cucumber Slices/Ranch ***Carrots, Cinnamon Applesauce, ***Cookie Lettuce/Tomato/Pickle 24
PANCAKES, BACON FRUIT, CEREAL Steak Fingers, Gravy Mashed Potatoes Carrot Coins, ***Roll Strawberries and Bananas 27	SUNRISE SANDWICH FRUIT, CEREAL BAR Spaghetti Bowl **Garden Salad w Ranch California Blend Veggies Fruit Cup, ***Pudding ***Breadstick 28	FRENCH TOAST, FRUIT SAUSAGE, CEREAL Boneless Chicken Wings Celery Sticks w/Ranch Carrots, Orange Smiles ***Brownie 29	OATMEAL, CINNAMON TOAST, FRUIT CEREAL BAR Taco, Tamale ***Spanish Rice, ***Salsa Beans, ***Corn, Fresh Fruit, PK - Sliced Fruit 30	BREAKFAST BURRITO FRUIT, HASHBROWNS CEREAL Sloppy Joe Sandwich Broccoli w/Ranch Oven Fries Peaches 31

NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



POW!
ARCH ENEMY
Slaw Burglar

MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.

**PROFESSOR GREEN'S
FAVORITE
ACTIVITIES**
Studying and helping
kids eat healthy

EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!



**PROFESSOR
GREEN**



**PROFESSOR
PURPLE**



**PROFESSOR
WHITE**