

SEPTEMBER

2018

GOOD EATS AT

Secondary Lunch

SPECIAL ANNOUNCEMENTS

A Salad Entree is also available as a meal option each day. There is always a salad bar to choose as a vegetable option, and a milk variety and water is available with each meal.

* This Institution is an equal opportunity provider.

M	T	W	TH	F
School Holiday 3	Domino's Pizza, Nachos Grande with Refried Beans and Salsa, Soup of the Day & Bread, Peaches and Lime Sherbet 4	Chicken Sandwich, X-Treme Burrito, Cheese Burger Oven Fries and Corn, Mandarin Oranges 5	Asian Bowl with Egg Roll, Hamburger Steak with Brown Gravy and Biscuit or Individual Pizza, Roasted Potatoes, and Fruity Gelatin 6	Maverick Pizza, Ham and Cheese Melt, or Cheese Burger, Multi Grain Chips, Crunchy Broccoli Salad, Fresh Seasonal Fruit, and a Brownie 7
Country Fried Steak with Gravy, Maverick Italian Meatloaf or Chicken Burgers, Mashed Potatoes, Fried Okra, Rolls 10	Meat & Cheese Chalupas, Enchiladas or Individual Pizza Spanish Rice, Refried Beans, Salsa, and Rosy Applesauce 11	Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger, Chicken Burger, Oven Fries, Broccoli, Mixed Fruit Cup and Crispy Cereal Treat 12	Chicken Spaghetti with Bread Stick, Maverick Pizza, Hamburger/ Cheese Burger, Glazed Carrots, Apple Slices, 13	Fish Sticks with Mac-N-Cheese, BBQ on a Bun, or Cheese Pizza, Coleslaw, Savory Green Beans, Orange Smiles 14
Texas Basket, Hamburger/Cheese Burger, or Chicken Burger, Oven Fries, and Mixed Fruit Cups 17	Domino's Pizza, Chicken Alfredo with Bread Stick, Hamburger/ Cheese Burger, Tuscan Vegetables, Hot Cinnamon Apples 18	Tex-Mex Stack, Chicken Fajitas, Chicken Burger, Spanish Rice and Charro Beans, Salsa Peaches and Cookie 19	Sausage Wrap, Country Pot Pie, Hamburger/Cheese Burger, Steamed Broccoli, Snowball Salad 20	Maverick Chicken Bowl, Breaded Pork Chop, Maverick Pizza, Mashed Potatoes and Gravy, Savory Green Beans, Fresh Apples 21
No Classes For Students 24	Meatball Sub Sandwich, Chili Cheese Combo, Maverick Pizza, Tater Tots, Mixed Fruit Cups 25	Chicken Nuggets with Mac N Cheese, Orange Chicken or Hamburger/Cheese Burger, Savory Green Beans, Strawberries 26	Maverick Pizza, Fiesta Bowl, or Chicken Burger, Seasoned Corn, Fruity Gelatin 27	Hamburger/ Cheese burger, Maverick Pizza, Frito Pie Glazed Carrots, Cinnamon Applesauce, and a Cookie 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.
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SPEEDY CUE

Cucumber



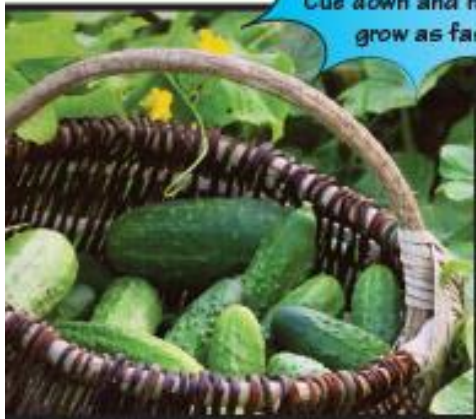
Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground 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, 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

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 _____ 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!