



AUGUST

2018

GOOD EATS AT

I'm
PROFESSOR GREEN

Alternate Lunch Entrees:
Monday - Pizza Slice
Tuesday - Chicken Smiles
Wednesday - Corn Dog
Thursday - Hamburger
Friday - Sub Sandwich

SPECIAL ANNOUNCEMENTS

Breakfast Menu:
Monday - French Toast or Pancake Sausage on Stick
Tuesday - Breakfast Sliders or Banana Bread
Wednesday - Breakfast Pizza or Mini Bagel w/ Strawberry Cream Cheese
Thursday - Ham & Cheese English Muffin or Cinnamon Roll
Friday - Pancake or Brown Sugar Oatmeal

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
Chicken Wings Carrots, Celery, & Ranch Tater Bucks Flavored Raisins Choice of Milk 20	Country Fried Steak Mixed Veggies Mashed Potatoes & Gravy Pineapple Choice of Milk 21	Chicken Quesadilla Refried Beans Seasoned Corn Fruit Slush Choice of Milk 22	Spaghetti & Meat Sauce Green Beans Side Salad & Ranch Sliced Peaches Choice of Milk 23	Cheese Pizza Sticks Broccoli Florets Seasoned Carrots Flavored Raisins Choice of Milk 24
Mini Corn Dogs Potato Smiles Green Beans Fruit Slush Choice of Milk 27	Salisbury Steak & Dinner Roll Mashed Potatoes & Gravy Cinnamon Carrots Applesauce Choice of Milk 28	Burrito Cajun Red Beans Marinated Cucumbers Mandarin Oranges Choice of Milk 29	Lasagna Roll-Up Seasoned Corn Side Salad & Ranch Apple Slices Choice of Milk 30	Beef Nachos Broccoli & Cheese Pinto Beans Pineapple Choice of Milk 31



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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**