



AUGUST

2018

GOOD EATS AT

I'm PROFESSOR GREEN

Pre-K Breakfast & Lunch Menus

SPECIAL ANNOUNCEMENTS

Pre-K Breakfast Menu:

- Monday - French Toast
- Tuesday - Banana Bread
- Wednesday - Breakfast Pizza
- Thursday - Mini Bagel with Strawberry Cream Cheese
- Friday - Pancake

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

 This product was funded by USDA.
 The institution is an equal opportunity provider.

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**