

SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
Labor Day 3	Chili Mac & Cheese Green Beans Cinnamon Carrots Fruit Slush Choice of Milk 4	Steak Fingers Seasoned Corn Sidewinder Fries Tropical Fruit Choice of Milk 5	BBQ Sandwich Baked Beans Broccoli & Cheese Pineapple Choice of Milk 6	Empanada Mixed Veggies Green Beans Peaches Choice of Milk 7
Chicken Spaghetti *Marinated Cucumbers Seasoned Corn Fruit Cocktail Choice of Milk 10	Hot Dog Baked Beans Tater Gems Mandarin Oranges Choice of Milk 11	Beef Taco Refried Beans Seasoned Carrots Pineapple Choice of Milk 12	Salisbury Steak & Dinner Roll Mashed Potatoes Green Beans Sliced Peaches Choice of Milk 13	Enchilada Cajun Red Beans Side Salad w/Tomatoes Apple Slices Choice of Milk 14
Mac & Cheese Carrots & Celery Tater Gems Flavored Raisins Choice of Milk 17	Country Fried Steak Mixed Veggies Mashed Potatoes Pineapple Choice of Milk 18	Chicken Quesadilla Refried Beans Seasoned Corn Fruit Slush Choice of Milk 19	Spaghetti & Meat Sauce Green Beans Side Salad w/ Tomatoes Sliced Peaches Choice of Milk 20	Cheese Pizza Sticks Broccoli Florets Seasoned Carrots Flavored Raisins Choice of Milk 21
Mini Corn Dogs Potato Smiles Green Beans Fruit Slush Choice of Milk 24	Salisbury Steak & Dinner Roll Mashed Potatoes Seasoned Carrots Applesauce Choice of Milk 25	Burrito Cajun Red Beans *Marinated Cucumbers Mandarin Oranges Choice of Milk 26	Lasagna Roll-Up Seasoned Corn Side Salad w/ Tomatoes Apple Slices Choice of Milk 27	Beef Nachos Broccoli & Cheese Pinto Beans Pineapple Choice of Milk 28

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

Special food of the month
CUCUMBERS

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
 *Cereal/Milk offered daily

I'm **SPEEDY CUE** to the rescue!

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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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

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.

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.



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!

