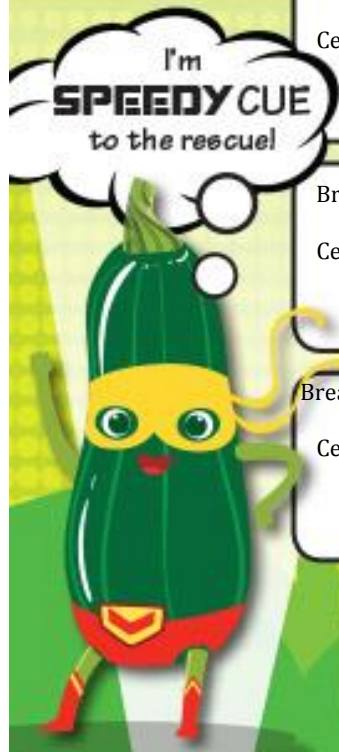


SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
Holiday 3	Cinnamon Toast Or Cereal & Toast Fruit & Juice Milk 4	Muffins Or Cereal & Toast Fruit & Juice Milk 5	Breakfast Burrito Or Cereal & Toast Fruit & Juice Milk 6	Waffles Or Cereal & Toast Fruit & Juice Milk 7
Breakfast Pizza Or Cereal & Toast Fruit & Juice Milk 10	Sausage Biscuit Or Cereal & Toast Fruit & Juice Milk 11	Sausage Roll Or Cereal & Toast Fruit & Juice Milk 12	Pancakes Or Cereal & Toast Fruit & Juice Milk 13	Eggs & Toast Or Cereal & Toast Fruit & Juice Milk 14
Breakfast Pizza Or Cereal & Toast Fruit & Juice Milk 17	French Toast Sticks Or Cereal & Toast Fruit & Juice Milk 18	Muffins Or Cereal & Toast Fruit & Juice Milk 19	Breakfast Burrito Or Cereal & Toast Fruit & Juice Milk 20	TEACHER WORKDAY 21
Breakfast Pizza Or Cereal & Toast Fruit & Juice Milk 24	Sausage Biscuit Or Cereal & Toast Fruit & Juice Milk 25	Sausage Roll Or Cereal & Toast Fruit & Juice Milk 26	Pancakes Or Cereal & Toast Fruit & Juice Milk 27	Eggs & Toast Or Cereal & Toast Fruit & Juice Milk 28



SPECIAL ANNOUNCEMENTS

GET READY

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


 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER




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SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
Holiday 3	Chicken Nuggets Mashed Potatoes Gravy Green Beans Fruit & Roll Milk 4	Stuffed Crust Pizza Corn Sliced Carrots Fruit Milk 5	Beef Spaghetti Black-eye Peas Broccoli w/cheese Cornbread Fruit & Milk 6	Cheeseburgers Burger Salad Baked Beans Fruit Milk 7
Steakfingers Rice w/gravy Lima Beans Cornbread Fruit Milk 10	Chicken Spaghetti Sweet Peas Broccoli Garlic Toast Fruit & Milk 11	Pep. Pizza Corn Sliced Carrots Fruit Milk 12	Nacho Supreme Pinto Beans Garden Salad Fruit Milk 13	Sub-Sandwiches Burger Salad Chips Baked Beans Fruit & Milk 14
Salisbury Steak Rice w/gravy Sliced Carrots Roll Fruit Milk 17	Chicken Nuggets Mashed Potatoes Gravy Green Beans Fruit & Roll Milk 18	Stuffed Crust Pizza Corn Sliced Carrots Fruit Milk 19	Beef Spaghetti Black-eye Peas Broccoli w/cheese Cornbread Fruit & Milk 20	Teachers Workday 21
Tater Tot Casserole Green Beans Garden Salad Fruit Milk 24	Chicken Spaghetti Sweet Peas Broccoli Garlic Toast Fruit & Milk 25	Pizza Corn Sliced Carrots Fruit Milk 26	Nacho Supreme Pinto Beans Garden Salad Fruit Milk 27	Cheeseburgers Burger Salad Baked Beans Fruit Milk 28

I'm
SPEEDY CUE
to the rescue!



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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!

