



AUGUST 2017

MON



TUE

WED

THUR

FRI

Good Eats at:
Westphalia ISD

+200 
+100 
+50 

Special Announcements

Breakfast Menu
Serving Time 7:15 to 7:45

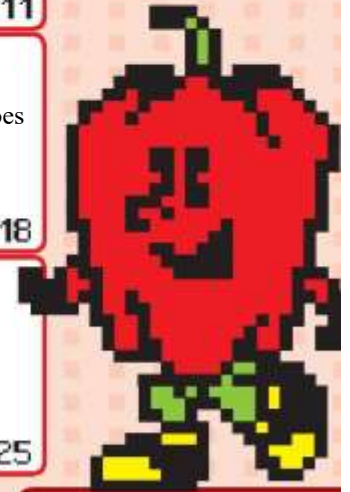
- Monday: Cereal, Toast, Fruit, Juice, Milk
- Tuesday: Waffles, Fruit, Juice, Milk
- Wednesday: Toasted Cheese Sandwich, Fruit, Juice, Milk
- Thursday: Pancakes, Fruit, Juice, Milk
- Friday: Biscuit, Sausage Patty, Fruit, Juice, Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



	1	2	3	4
7	8	9	10	11
14	15	16	17	18
Cheese Pizza Pork and Beans Garden Salad Peach Slices Milk 21	Chicken Rings Mashed Potatoes Gravy Broccoli Applesauce, Roll Milk 22	Sliced Ham Green Beans Macaroni & cheese Pineapples Breadstick Milk 23	Taco Salad Brown Beans Lettuce/tomatoes Fresh Fruit Spanish Rice Milk 24	Hamburger French Fries Lettuce/tomatoes Apple Milk 25
Chicken Alfredo Green Beans Fresh Tomatoes Pear Slices Wheat Roll Milk 28	Beef Tacos Brown Beans Lettuce/tomatoes Strawberry cup Crackers Milk 29	Spaghetti /Meat Sauce Corn Garden Salad Orange Breadstick Milk 30	Fish Nuggets Mashed Potatoes Broccoli Peach Slices Milk 31	Hot Dog Tater Tots Baby Carrots Fresh Fruit Milk



Fun facts on back! ➔

Launch PAD

BELL PEPPER GROWING REGIONS

1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley



Fun FACT

Bell peppers were given the name "peppers" by Christopher Columbus and Spanish explorers who were looking for "peppercorn" to make black pepper.

Packing a PUNCH

One medium-sized red bell pepper contains approximately 150 percent of the recommended daily allowance for vitamin C, making it a great food source for this vitamin.

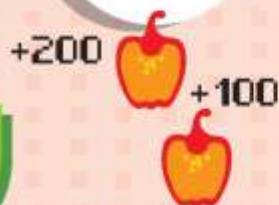
Finish the PATTERN

Color in the white pepper on each row with either red, yellow or green to properly complete each pattern.

- 1.
- 2.
- 3.

Red and Yellow BELL PEPPER

I'm Benny Bell Pepper. My family of red and yellow peppers grow everywhere in Texas and are popular cooking ingredients in kitchens all over the world. I am considered the full-grown bell pepper, because I am picked later than other bell peppers. People tell me I have a sweet, almost fruity taste. My yellow brothers and sisters are picked in the middle of their growing time and are in between green and red on how ripe they get. Yellows are a little less sour than the green youngsters.



Caribbean FIESTA!



INGREDIENTS

1 tablespoon olive oil • 1 chicken tender, cut into bite-sized pieces • Dash of seasonings like curry, allspice, and scotch bonnet pepper sauce (optional) • 8 blue or yellow corn tortilla chips • 1/4 cup pinto and/or black beans, rinsed and drained • 4 grape tomatoes, chopped • 1/2 red bell pepper, seeded and diced • 1/3 green onion, peeled and chopped • 1 ounce low-fat shredded cheddar jack cheese

PREPARATION

1. In a nonstick skillet, warm the olive oil over medium heat. Add the chicken, season with optional spices, and cook for about 5 minutes, or until cooked through. 2. Evenly spread the tortilla chips on a plate and evenly distribute chicken, beans, tomatoes, bell peppers, and green onions. Top with cheese and microwave for 1 minute or until cheese is melted.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Joke of the MONTH

Q: What kind of socks do you need to plant bell peppers?

A: Garden hose!

Answer: 1) green - 2) yellow - 3) red

