

SEPTEMBER

2018

GODD EATS AT

M	T	W	TH	F
HOLIDAY 3	Chicken Rings Baby Carrots Mashed Potatoes Mand. Oranges Milk 4	Pizza Cooked Broccoli Fresh Tomatoes Apple Sauce Milk 5	Taco Salad Brown Beans Salad w/tomato Fresh Fruit Milk 6	Spaghetti w/Meat sauce Steamed Corn Romaine Salad Garlic Bread Banana, Milk 7
Chicken Tenders Seasoned Potato Wedges, Peas and Carrots, Pineapple Tidbits, Milk 10	Beef Nachos Refried Beans Raw Veggies Mixed Fruit Milk 11	Beef/Bean/Cheese Burrito Baby Carrots Fresh Broccoli Peaches, Milk 12	Chicken Spaghetti Breadstick Corn Salad w/tomato Apple, Milk 13	HOLIDAY EVERYONE GOOD LUCK ON THE FAIR 14
Popcorn Chicken Mashed Potato Celery Sticks Sunny Pears Milk 17	Corndogs Ranch Beans Baby Carrots Apple Milk 18	Soft Tacos Refried Beans Shred Lettuce Rosy Applesauce Milk 19	Lasagna Breadstick, Corn Sliced Cucumbers Banana Milk 20	Hamburger Tator Tots Burger Salad Mandarin Oranges, Milk 21
Chicken Crisptos Toast, Baked Mac & Cheese Broccoli, Mixed Fruit, Milk 24	Beef Mac, Roll Baked Beans Baby Carrots Pineapple Tidbits Milk 25	Pizza Romaine Salad Corn, Peaches Milk 26	Salisbury Steak Gravy, Mashed Potatoes, Green Beans, Orange Milk 27	Chicken on Bun Tator Tots Burger Salad Sidekicks Milk 28

**WESTPHALIA
ISD
REMEMBER
GRANDPARENTS
DAY SEPT. 7**

**SPECIAL
ANNOUNCEMENTS**

**Breakfast
Serving Time 7:15-7:45**

**Monday: Mini Pancakes or Cereal
Fruit, Juice, Milk**
**Tuesday: Sausage Roll or Cereal
Fruit, Juice, Milk**
**Wednesday: Pancake on Stick or
Cereal, Fruit, Juice, Milk**
**Thursday: Pop tart or Cereal
Fruit, Juice, Milk**
**Friday: Cinnamon Roll or Cereal
Fruit, Juice, Milk**

**GET
READY**

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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



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.



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

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.



CUCUMBER-YOGURT SAUCE

- Ingredients:
- ½ tsp. Garlic, raw, minced
 - ½ cup Cucumber, peeled, deseeded, 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.



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

