

2019

SEPTEMBER

**GOOD
EATS AT**

**12:30 EARLY
RELEASE 9/20
NO SCHOOL
9/23**

**SPECIAL
ANNOUNCEMENTS**

*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6163 (Spanish). USDA is an equal opportunity provider and employer.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M

NO SCHOOL

2

TBREAKFAST
PIZZA, FRUIT,
JUICE, MILK

3

WBISCUIT, GRAVY,
SCRAMBLED
EGGS, BACON,
FRUIT, JUICE,
MILK

4

THBANANA/
BLUEBERRY
BREAD,
YOGURT, FRUIT,
JUICE, MILK

5

FGRIDDLE
SANDWICH,
FRUIT, JUICE,
MILK

6

WAFFLES,
BACON, FRUIT,
JUICE, MILK

9

SAUSAGE, EGG,
CHEESE
BISCUIT, FRUIT,
JUICE, MILK

10

BREAKFAST
PIZZA, FRUIT,
JUICE, MILK

11

CINNAMON
ROLL,
SAUSAGE,
FRUIT, JUICE,
MILK

12

BISCUIT,
GRAVY,
SCRAMBLED
EGGS, FRUIT,
JUICE, MILK

13

SAUSAGE
BISCUIT, FRUIT,
JUICE, MILK

16

SCRAMBLED
EGG/CHEESY
HASHBROWN
BOWL, FRUIT,
JUICE, MILK

17

CHICKEN-N-
WAFFLES,
FRUIT, JUICE,
MILK

18

PANCAKES,
SAUSAGE,
FRUIT, JUICE,
MILK

19

DUTCH WAFFLE
BACON

20

NO SCHOOL

23

FRENCH TOAST,
SAUSAGE,
FRUIT, JUICE,
MILK

24

BISCUIT, GRAVY,
SCRAMBLED
EGGS, BACON,
FRUIT, JUICE,
MILK

25

PANCAKE
WRAP, YOGURT,
FRUIT, JUICE,
MILK

26

CINNAMON
ROLL,
SAUSAGE,
FRUIT, JUICE,
MILK

27

PANCAKES,
BACON, FRUIT,
JUICE, MILK

30

**GET
READY**
**FOR NATIONAL
SCHOOL LUNCH WEEK**
OCTOBER 14-18
SquareMeals.org/NSLW




Bianca Blueberry was born on Healthyville farm in the back corner next to the old electric fence. Her stem got a continuous low-voltage charge for months. The electricity gave her a super charge to activate her antioxidant powers for fighting diseases. She uses her powers to fly to other blueberry bushes and pass on her powerful antioxidants so other blueberries can help people take care of their hearts and stay healthy.

BIANCA "BOOST" Blueberry

WHAT TO KNOW

Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

BIANCA'S
**FAVORITE
ACTIVITIES**
Bouncing on the
Trampoline

BAKED BERRY OATMEAL

Ingredients:

2 cups Old fashioned rolled oats
1 tsp. Baking powder
1 tsp. Cinnamon
¼ tsp. Salt
2 Eggs
½ cup Brown sugar
1½ tsp. Vanilla
2 cups Nonfat or 1% milk
4 tsp. Butter or margarine, melted
2 cups berries, fresh or frozen
(blueberries, raspberries, blackberries)
¼ cup Walnuts, chopped (optional)

Directions:

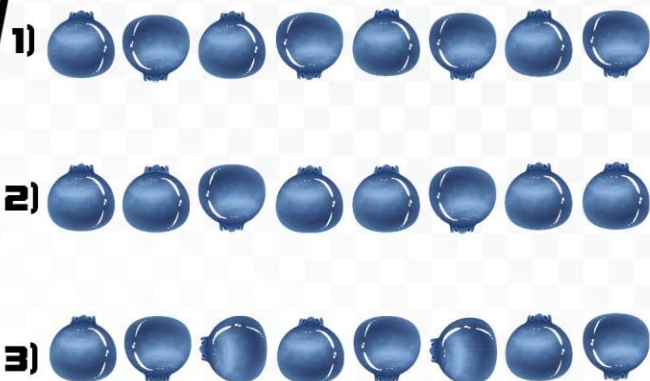
1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.



POWER HIGH FLYING and disease fighting

FINISH THE PATTERN

Look for the pattern and find out which direction the blueberry will face next.



Answer Key: 1) up 2) down 3) left

JOKE OF THE MONTH

Q: Why don't
blueberries drive?

A: They always get
into a traffic jam