

2019

SEPTEMBER



I'm **BIANCA**
"BOOST"
BLUEBERRY

GOOD EATS AT

12:30 EARLY
RELEASE 9/20

NO SCHOOL
9/23

SPECIAL ANNOUNCEMENTS

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M	T	W	TH	F
NO SCHOOL 2	FRITO PIE, VEGGIE CUP, CHARRO BEANS, SALSA, SALAD, ORANGE SMILES, MILK 3	POPCORN CHICKEN, FRIES, BROCCOLI, ROLL, FRUIT CUP, BROWNIE, MILK 4	HAMBURGER/CHEESEBURGER with garnish, SMILEY FRIES, CARROT COINS, SNOWBALL SALAD, MILK 5	PIZZA, GREEN BEANS, SALAD, PINEAPPLE TIDBITS, COOKIE, MILK 6
COUNTRY FRIED STEAK, MASHED POTATOES W/GRAVY, OKRA, ROLL, STRAWBERRIES, MILK 9	MEAT and CHEESE CHALUPAS, REFRIED BEANS,SALSA, SALAD, ZESTY CUCUMBERS, ROSY APPLESAUCE, MILK 10	CHICKEN TENDERS, BISCUIT, GRAVY, BROCCOLI, CARROTS, RICE CRISPY TREAT, MILK 11	FISH STICKS, MAC&CHEESE, COLESLAW, GREEN BEANS, ORANGE SMILES, CHERRY CRISP, MILK 12	DEEP DISH PIZZA, SALAD, BABY CARROTS, APPLES, MILK 13
STEAK FINGER BASKET, TOMATO CUP, STRAWBERRIES & BANANAS 16	PIZZA BAKED PASTA BOWL, GARLIC BREADSTICK, SALAD, CALIFORNIA BLEND VEGGIES, FRUIT CUP, MILK 17	POPCORN CHICKEN, ROLL, FRIES, VEGETABLE MEDLEY, PEARS, BROWNIE, MILK 18	QUESADILLA, CORN, CHARRO BEANS, SALSA, SALAD. APPLES, MILK 19	FRENCH BREAD PIZZA W/ MARINARA SAUCE, VEGETABLE MEDLEY, CORN, SPARKLING PEARS, COOKIE, MILK 20
NO SCHOOL 23	NACHOS GRANDE, REFRIED BEANS, SALSA, SALAD, TOMATO CUP, CUCUMBER SLICES, ICE CREAM CUP, MILK 24	CRISPY CHICKEN SANDWICH w/garnish, FRIES, VEGGIE CUP, FRUITY JELLO, MILK 25	CORN DOG, TATER TOTS, BAKED BEANS, APPLE-PINAPPLE DLITE, MILK 26	PIZZA, BABY CARROTS, SALAD, SPARKLING PEARS, RICE CRISPY TREAT, MILK 27
HAMBURGER/CHEESEBURGER w/garnish, FRIES, ZESTY CUCUMBERS, STRAWBERRIES. MILK 30				

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 14-18
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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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.

- 1)
- 2)
- 3)

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!