




# AUGUST

2018

GOOD EATS AT

I'm **PROFESSOR GREEN**

M	T	W	TH	F
6 Students MUST select 3 components for a reimbursable meal. One of the required components MUST be ½ cup vegetable or fruit.	7 Please encourage your students to select ALL meal components offered!!!	8 At <a href="http://family.titank12.com">family.titank12.com</a> you can: -Make on-line payments -Submit a meal application -View student transactions	9	10 Menu is subject to change without notice due to availability of products
13 Meal Components: Protein, Grain, Fruit, Vegetable, and Fluid Milk	14	15	16	17
20	21 School Starts Tomorrow.... 	22 Cereal/Cheese Stick or Bean & Cheese Taco <u>Chicken Nuggets</u> , Roll, Steamed Broccoli, Mashed Potatoes w/ Gravy, & Fresh Apple	23 Cereal/Yogurt or Breakfast Pizza <u>Spaghetti w/ Meat Sauce</u> , Bread Stick, Cucumbers w/ Ranch, Green Beans, Watermelon, & Raisels Mini Rainbow Pop	24 Cereal/Cheese Stick or Sausage, Biscuit, and Gravy <u>Personal Pan Pizza</u> , Baby Carrots w/Ranch, Green Peas, & Grapes
27 Cereal/Cheese Stick or Pancake on a Stick <u>Chicken Patty on a Bun</u> , Sliced Tomato, Lettuce, Pickles, Baked Beans, & Oranges	28 Cereal/Yogurt or Breakfast Pizza <u>Hot Dogs</u> , Corn, Fries, Cantaloupe, & Mini Rice Krispie Treat	29 Cereal/Cheese Stick or Bacon/Egg/Cheese Taco <u>Popcorn Chicken</u> , Roll, Mashed Sweet Potatoes, Fresh broccoli w/Ranch, & Diced Peaches	30 Cereal/Yogurt or Breakfast Pizza <u>Nachos</u> or <u>Smucker's PBJ</u> w/Nacho Chips, Celery Sticks w/Ranch, Pinto Beans, & Strawberries	31 Cereal/Cheese Stick or Cinnamon Rolls <u>Pizza</u> , Cooked Spinach, Baby Carrots w/Ranch, & Mixed Fruit

2 Ways to Pay

Go to [family.titank12.com](http://family.titank12.com)  
OR  
Send cash/check with your student

Due to Federal Guidelines PreK students may NOT select flavored milk

La Vernia ...

PRIMARY & INTERMEDIATE CAMPUSES

SPECIAL ANNOUNCEMENTS

**Breakfast Meal Prices:**

Student Full Price - \$1.75  
Reduced - \$0.30  
Adult - \$2.25

**Lunch Meal Prices:**

Student Full Price - \$2.35  
Reduced - \$0.40  
Adult - \$3.50

Prices are subject to change

**EXTRA'S**

Hot Breakfast Entrée - \$1.35  
Cold Breakfast Entrée - \$1.00  
Hot Lunch Entrée - \$1.75  
Fruit / Veggie - \$0.75  
Snacks, Milk, Bread - \$0.60 to \$1.00  
Large Bottled Drink - \$1.00  
Small Bottled Water - \$0.35

Extra's are available on a first come first serve basis.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

### PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

### FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



**POW!**  
**ARCH ENEMY**  
Slaw Burglar

### MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.

**PROFESSOR GREEN'S  
FAVORITE  
ACTIVITIES**  
Studying and helping  
kids eat healthy

### EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



### JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!



**PROFESSOR  
GREEN**



**PROFESSOR  
PURPLE**



**PROFESSOR  
WHITE**