

SEPTEMBER

2018

GOOD EATS AT

La Vernia ...

PRIMARY & INTERMEDIATE CAMPUSES

Menus are subject to change without notice due to availability of products

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
EXTRAS

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



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

M	T	W	TH	F
LABOR DAY HOLIDAY (NO SCHOOL) 3	Cereal/Yogurt or Breakfast Pizza Mac & Cheese w/Ham , Soft Pretzel, Sweet Potato Fries, Chili Beans, & Diced Pears 4	Cereal/Cheese Sticks or Mini Waffles Chicken Strips , Roll, Mashed Potatoes/Gravy, Cooked Carrots, & Pineapple 5	Cereal/Yogurt or Breakfast Pizza Frito Pie or Bean & Cheese Taco , Pinto Beans, Lettuce/Tomato, Salsa & Banana 6	Muffins or Eggs w/ Sausage Patty Pizza , Garden Salad, Green Beans, & Fruit Crisp 7
Cereal/Cheese Stick or Pop Tart Hamburger or Cheeseburger , Potato Smiles, Pickle, Tomato/Lettuce, & Applesauce 10	Cereal/Yogurt or Breakfast Pizza Corn Dogs , Baked Beans, Fries, & Mandarin Oranges 11	Cereal/Cheese Stick or Bean & Cheese Taco Chicken Nuggets , Roll, Steamed Broccoli, Mashed Potatoes w/ Gravy, & Green Apple 12	Cereal/Yogurt or Breakfast Pizza Spaghetti Meat Sauce , Bread Stick, Green Beans, Cucumbers, Raisels, & Watermelon 13	Cereal/Cheese stick or Sausage, Biscuit&Gravy Personal Pan Pizza , Baby Carrots w/Ranch, Green Peas, & Grapes 14
Cereal/Cheese Stick or Pancake on Stick Chicken Patty on Bun , Tomato, Lettuce, Pickles, Baked Beans, & Oranges 17	Cereal/Yogurt or Breakfast Pizza Hot Dogs , Corn, Fries, Cantaloupe, & Mini Rice Krispie Treat 18	Cereal/Cheese Stick or Bacon/Egg/Cheese Taco Popcorn Chicken , Roll, Sweet Potatoes, Fresh Broccoli w/ Ranch, Peaches & Ice Cream 19	Cereal/Yogurt or Breakfast Pizza Nachos or PBJ w/ Chips , Celery Sticks w/Ranch, Pinto Beans, & Strawberries 20	Cereal/Cheese Stick or Cinnamon Rolls Pizza , Cooked Spinach, Baby Carrots w/Ranch, & Mixed Fruit 21
Cereal/Cheese Stick or French Toast Sticks Grilled Cheese , Fries, Corn, Red Apples, & SLUSHIE 24	Cereal/Yogurt or Breakfast Pizza Mac & Cheese w/Ham , Soft Pretzel, Sweet Potato Fries, Chili Beans, & Diced Pears 25	Cereal/Cheese Sticks or Mini Waffles Chicken Strips , Roll, Mashed Potatoes with Gravy, Cooked Carrots, & Pineapple 26	Cereal/Yogurt or Breakfast Pizza Frito Pie or Bean & Cheese Taco , Pinto Beans, Lettuce/Tomato, Salsa, & Banana 27	Muffins or Eggs w/ Sausage Patty Pizza , Garden Salad, Green Beans, & Fruit Crisp 28

GET READY

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



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?

A: The salad bar!

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, seeded, 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.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension



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 Valley and Texas' Winter Garden region.