

LABOR DAY HOLIDAY

(NO SCHOOL)

3

Cereal/Yogurt or Breakfast Pizza

Mac & Cheese w/Ham, Soft Pretzel, Sweet Potato Fries, Chili Beans,

Cereal/Cheese Sticks or Mini Waffles

Chicken Strips. Roll. Mashed Potatoes/Gravy, Cooked Carrots. & Pineapple

Cereal/Cheese Stick or

Chicken Nuggets, Roll.

Bean & Cheese Taco

Steamed Broccoli,

Mashed Potatoes w/

Cereal/Yogurt or Breakfast Pizza

Cereal/Yogurt or

Bread Stick, Green

Beans, Cucumbers,

Breakfast Pizza

Frito Pie or Bean & Cheese Taco, Pinto Beans, Lettuce/Tomato. Salsa & Banana

Spaghetti Meat Sauce.

Raisels, & Watermelon 3

Muffins or Eggs w/ Sausage Patty

Pizza, Garden Salad, Green Beans, & Fruit Crisp

Cereal/Cheese stick or

7

Personal Pan Pizza. Baby Carrots w/Ranch, Green Peas, & Grapes

Sausage, Biscuit&Gravy

SPECIAL

Breakfast Meal Prices:

Reduced - \$0.30 Adult - \$2.25

EXTRA'S

Lunch Meal Prices:

Student Full Price \$1.75

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

Prices are subject to change

Hot Breakfast Entrée - \$1.35

Cold Breakfast Entrée - \$1.00

Large Bottled Drink - \$1.00

Snacks, Milk, Bread - \$0.60 to \$1.00

Hot Lunch Entrée - \$1.75

Fruit / Veggie - \$0.75

La Vernia ...

PRIMARY &

INTERMEDIATE CAMPUSES Menus are subject to change

without notice due to

availability of products

Cereal/Cheese Stick or **Pop Tart**

Hamburger or Cheeseburger, Potato Smiles. Pickle. Tomato/Lettuce, & Applesauce

Cereal/Yogurt or **Breakfast Pizza**

& Diced Pears

Corn Dogs, Baked Beans, Fries, & Mandarin Oranges

Cereal/Yogurt or

Corn, Fries, Cantaloupe,

& Mini Rice Krispie

Breakfast Pizza

Hot Dogs,

Treat

11

18

Cereal/Cheese Stick or Bacon/Egg/Cheese Taco

Gravy, & Green Apple 12

Popcorn Chicken, Roll, Sweet Potatoes, Fresh Broccoli w/ Ranch, Peaches & Ice Cream 9 Cereal/Yogurt or Breabfast Pizza

Nachos or PBJ w/ Chips, Celery Sticks w/Ranch, Pinto Beans, 20 & Strawberries

Cinnamon Rolls

Pizza, Cooked Spinach, Baby Carrots w/Ranch, & Mixed Fruit

Pizza, Garden Salad. Green Beans. & Fruit Crisp

28

14) ANNOUNCEMENTS Cereal/Cheese Stick or

Cereal/Cheese Stick or Pancake on Stick Chicken Patty on Bun,

SPEEDY CUE

to the rescuel

Tomato, Lettuce, Pickles, Baked Beans, & Oranges

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

Small Bottled Water - \$0.35 Extra's are available on a first come first serve l

TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER



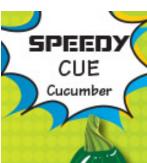


This product was funded by USDA. This institution is an equal opportunity pro

GET

FOR NATIONAL SCHOOL LUNCH WEEK

> OCTOBER 8-12 SquareMeals.org/nslw



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

FUN FACTS

- Cucumbers are 95 percent water.
- There are 34 calories in a large cucumber.
- Cucumbers belong to the plant family oucurbitaceae, which includes melons, squash and pumpkins.

SPEEDY CUE'S FAUDRITE ACTIVITIES Running and Playing Outside

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.



ARCH ENEMY

Drought. It slows Speedy

Cue down and he can't

promote overall good health.

**. CUCUMBER-YOGURT

Ingredients:

1/2 tep. Garlic, raw, minced 1/2 cup Cucumber, peeled, deseeded, finely chopped 11/4 cup Greek yogurt, 2% 1/2 tep. Salt 1/4 tep. Black pepper, ground 1 T. Dill weed, fresh, chopped



- 1. Combine all ingredients in a bowl and mix well.
- 2. Portion into 2 ounce serving cups.
- Serving suggestion: serve cold with chicken pita sandwiches.
- 4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrille Extension



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

I'med balacadT:A



MAD LIB! BECOMING PART OF THE SUPER FOOD SQUAD!

Speedy Cue was not always a ______adjective/nour who spent his time educating kids about

eating their vegetables and dodging

evil		He	was	once	a
200000000000000000000000000000000000000	plural noun	-			
normal	QUOPO AO				ш

a _____life growing up on

adjective

the farms of East Texas, the Rio Grande

Valley and Texas' Winter Garden region.