

# SEPTEMBER

2018

GOOD EATS AT

## Weslaco ISD Supper Program

SPECIAL ANNOUNCEMENTS

Choices of Low Fat or Skim Milk (flavored and unflavored) offered daily

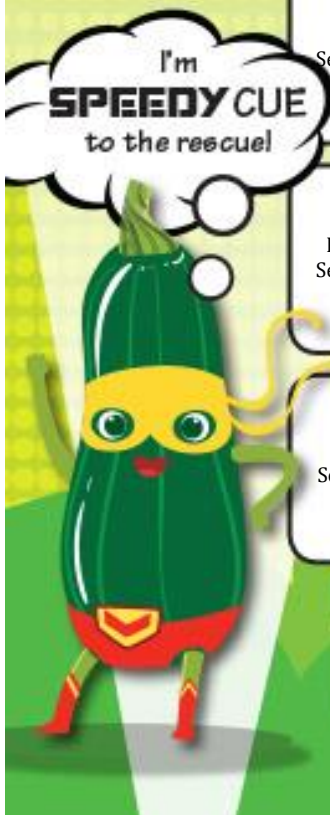
*This institution is an equal opportunity provider.*

GET READY

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

  
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
Staff Development Day 3	Country Steak On A Bun Seasoned Curly Fries Seasonal Fresh Fruit Assorted Milk 4	Bean/Cheese Burrito Peas & Carrots Seasonal Fresh Fruit Assorted Milk 5	Cheese Pizza Carrot Coins Seasonal Fresh Fruit Assorted Milk 6	Grilled Cheese Sandwich Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk 7
Turkey Corn Dog California Blend Seasonal Fresh Fruit Assorted Milk 10	Breaded Chicken On A Bun Tater Tots Seasonal Fresh Fruit Assorted Milk 11	Pepperoni Pizza Corn Kernels Seasonal Fresh Fruit Assorted Milk 12	Cheeseburger on Kaiser Bun Baby Carrots Seasonal Fresh Fruit Assorted Milk 13	Turkey & Cheese Hoagie Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk 14
Turkey Hot Dog Ranch Style Beans Seasonal Fresh Fruit Assorted Milk 17	Country Steak On A Bun Seasoned Curly Fries Seasonal Fresh Fruit Assorted Milk 18	Bean/Cheese Burrito Peas & Carrots Seasonal Fresh Fruit Assorted Milk 19	Cheese Pizza Carrot Coins Seasonal Fresh Fruit Assorted Milk 20	Grilled Cheese Sandwich Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk 21
Turkey Corn Dog California Blend Seasonal Fresh Fruit Assorted Milk 24	Breaded Chicken On A Bun Tater Tots Seasonal Fresh Fruit Assorted Milk 25	Pepperoni Pizza Corn Kernels Seasonal Fresh Fruit Assorted Milk 26	Cheeseburger Kaiser Bun Baby Carrots Seasonal Fresh Fruit Assorted Milk 27	Turkey & Cheese Hoagie Crinkle Cut Fries Seasonal Fresh Fruit Assorted Milk 28



# 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.

## SPEEDY CUE'S FAVORITE ACTIVITIES

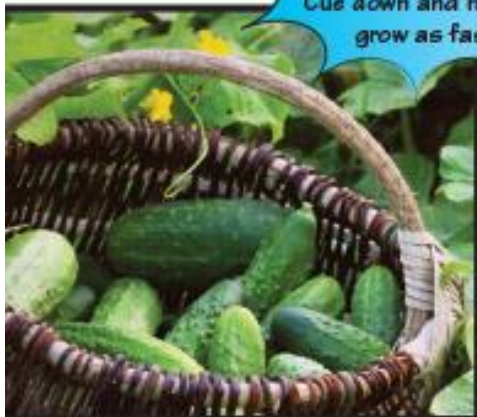
Running and Playing Outside

## 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, deseeded, 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.

## JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!