

SEPTEMBER

2018

GOOD EATS AT

Ira Cafeteria

SPECIAL ANNOUNCEMENTS

Milk and Juice will be served with Breakfast.

Milk and Juice will be served with Lunch.

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.

NO SCHOOL

3

Breakfast Taquito
Crispy Tacos
Frito Pie
Spanish Rice
Fresh Veggie
Ranch Style Beans
Orange Smiles

4

Waffles & Sausage
Stuffed Shells
Chicken Nuggets
Mashed Potatoes
Tuscan Veggies
Salad
Pears

5

Breakfast Pizza
Hamburger
Hot Dog
Oven Fries
Carrots
Snowball Salad

6

Donut Holes
Pulled Pork Sliders
Chips
Chicken Parmesan
Green Beans
Salad/ Breadsticks
Pineapple

7

Pancakes & Sausage
Corn Dog
Oven Roasted Chicken
Tator Tots
Baked Beans
Broccoli
Pineapple D'Lite

10

Breakfast Burrito
Nachos Grande
Taco Soup
Refried Beans
Tiny Tomatoes
Cucumber Slices
Peaches

11

Biscuit, Gravy, Eggs, Bacon
Chicken Sandwich
X-Treme Burrito
Oven Fries
Corn
Veggie Cup
Mandarin Oranges

12

Breakfast Bread
Asian Bowl W/Eggroll
Hamburger Steak
Brown Gravy/Biscuit
Roasted Potatoes
Garden Salad
Fruity Jell-O

13

Morning Griddle Sandwich
Pizza Choice
Ham & Cheese Melt
Chips
Carrots
Broccoli Salad
Fresh Fruit

14

Waffles & Bacon
Country Fried Steak
Meatloaf
Mashed Potatoes
Okra
Roll
Strawberries

17

Cinnamon Roll & Sausage
Meat & Chalupas
Enchiladas
Spanish Rice
Pinto Beans
Zesty Cucumbers
Rosy Applesauce

18

Breakfast Pizza
Chicken Tenders
Hamburger
Broccoli
Sweet Potato Fries
Mixed Fruit
Rice Crispy Treat

19

Breakfast Taquito
Chicken Spaghetti
Pizza Choice
Garden Salad
Carrots
Breadsticks
Apples

20

Biscuit, Gravy, Eggs
Fish Sticks
BBQ on a Bun
Mac & Cheese
Coleslaw
Orange Smiles

21

Sausage Biscuit
Steak Fingers
Hamburger
Oven Fries
Veggie Cup
Mixed Fruit

24

Breakfast Combo
Tex-Mex Stack
Chicken Fajita
Spanish Rice
Refried Beans
Tiny Tomatoes
Peaches

25

Chicken-n-Waffles
Chicken Alfredo
Pizza Pocket
Tuscan Veggies
Garden Salad
Breadsticks
Hot Cinnamon Apples

26

Stuffed Bagel
Ranchero Wrap
Country Pot Pie
Broccoli
Veggie Cup
Snowball Salad

27

Dutch Waffle
Popcorn Chicken
Breaded Pork Chop
Mashed Potatoes
Green Beans
Rolls
Apple Slices

28

I'm SPEEDY CUE to the rescue!



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.

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

SPEEDY CUE'S FAVORITE 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.

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.



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!

