

# SEPTEMBER

2018

**GOOD EATS AT**

YANTIS ISD  
BREAKFAST MENU

**SPECIAL ANNOUNCEMENTS**

VAREITY OF MILK, FAT FREE AND 1%. 100% FRUIT JUICE AND FRESH FRUIT, TOAST AND CEREAL OFFERED DAILY.

MUST TAKE THREE COMPONENTS FOR A COMPLETE MEAL.

M	T	W	TH	F
LABOR DAY NO SCHOOL 3	ASSORTED BREAKFAST BARS 4	EGGSTRAVAGANZA TOAST ASSORTED JELLY 5	PIG N BLANKET W/ MUSTARD 6	TAC GO FRITTATA W/ SALSA 7
BREAKFAST BURRITO W/ SALSA 10	PANCAKE SAUSAGE ON STICK SYRUP 11	SMUCKER PB & JELLY STRING CHEESE 12	FRENCH TOAST W/ SYRUP 13	SAUSAGE/BISCUIT JELLY 14
MUFFINS STING CHEESE 17	BREAKFAST PIZZA 18	CHEESE OMELET W/ SALSA 19	PIG N BLANKET W/ MUSTARD 20	CHICKEN/BISCUIT W/ HONEY 21
BREAKFAST BURRITO W/ SALSA 24	PANCAKE SAUSAGE ON STICK W/ SYRUP 25	DONUT TRIX YOGURT 26	FRENCH TOAST W/ SYRUP 27	SAUSAGE/BISCUIT JELLY 28

I'm  
**SPEEDY CUE**  
to the rescue!



**GET READY**

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



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## 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

#### 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.



#### 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!

