

SEPTEMBER

2018

GOOD EATS AT

YANTIS ISD LUNCH MENU

SPECIAL ANNOUNCEMENTS

ALL MEALS INCLUDE, FAT FREE AND 1% MILK. MUST TAKE THREE COMPONENTS FOR A COMPLETE MEAL.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.
MON. - WED. BAKED POTATO. TUES - THURS. CHEF SALAD



M	T	W	TH	F
LABOR DAY NO SCHOOL 3	PEPPERJACK CHICKEN SANDWICH GREEN SALAD TOMATO CHIPS/ FRUIT 4	FISH STICKS MAC N CHEESE FRESH VEG/ RANCH SLICED PEACHES 5	STEAKFINGERS MASHED TATORS PINTO BEANS CORNBREAD APPLESAUCE DELIGHT 6	TATOR TOT CASSEROLE CANDIED CARROTS GARDEN SALAD WG/ROLL FRUIT 7
CHICKEN CRISPITO DIPPING CUP PINTO BEANS CORN FRUIT 10	BURRITO SPANISH RICE SALAD/ SALSA SLICED PEACHES 11	CHEESE OR PEPPERONI PIZZA SPINACH SALAD CORN/ CARROT STICKS PINEAPPLE 12	SALISBURY STEAK SWEET POTATOES GREENBEANS WG ROLL FRUIT 13	HAMBURGER OR CHEESEBURGER SALAD/ PICKLES BAKED CHIPS FRESH FRUIT 14
BBQ SANDWICH OR HOTDOG BAKED BEANS SWEET POTATO FRIES FRUIT 17	BEEF AND CHEESE NACHOS PINTO BEANS SALAD/SALSA SLICED PEACHES 18	MEATBALLS IN MARINARA SPINACH SALAD CUCUMBER SALAD GARLIC BREAD PINEAPPLE 19	CHICKEN NUGGETS DIPPING SAUCE MASHED POTATOES GREENBEANS FRUIT 20	REGULAR OR SPICY CHICKEN BURGER SALAD/TOMATO PICKLE SPEAR BAKED CHIPS FRUIT 21
CORNDOGS POTATO WEDGES PORK N BEANS SLICED PEACHES 24	PIZZA STICKS MARINARA FRESH VEGGIES SPINACH SALAD PINEAPPLE FLUFF 25	CHICKEN DRUMSTICK CORN ON THE COB MAC N CHEESE APPLESAUCE 26	CHEESE ENCHILADAS REFRIED BEANS SALAD/ SALSA FRUIT 27	HAMBURGER OR CHEESEBURGER SALAD/TOMATO PICKLE SPEARS FRITOS/FRUIT 28

GET READY

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


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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SPEEDY CUE

Cucumber



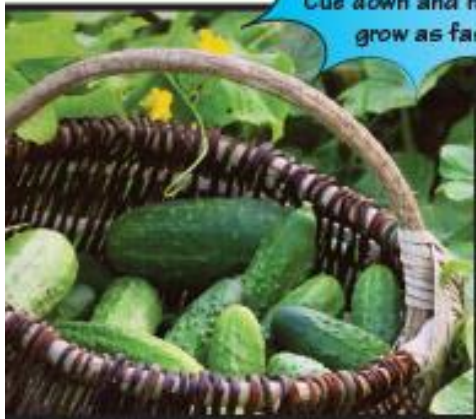
Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground 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.



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.