

SEPTEMBER

2018

GOOD EATS AT

HENDERSON
ISD

SPECIAL ANNOUNCEMENTS

Please join us
each morning
for breakfast at
no charge to
students PK-5

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.

LABOR DAY
HOLIDAY

3

MEATBALL SUB
OR HOTDOG
REDUCED FAT CHIPS
BABY CARROTS W/ DIP
BLACK EYED PEAS
SOUR FRUIT CUPS

10

PEPPERONI PIZZA
OR CHEESY BITES
MARINARA SAUCE
COOKED CARROTS
BLACK EYED PEAS
SOUR FRUIT CUPS

17

STEAK FINGERS
OR CHICKEN SPAGHETTI
MASHED POTATOES
GREEN BEANS
GARLIC TOAST
MILK

24

STEAKFINGERS
OR FISH STICKS
CHEESY BROCCOLI
SWEET POTATOES
APPLESAUCE CUPS
MAC N CHEESE
MILK

4

CHEESY BITES
OR CHICKEN CRISPITO
GREEN PEAS
COOKED CARROTS
BLUEBERRIES
MILK

11

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
LETTUCE/TOMATO
APPLESAUCE CUPS
MILK

18

MANDARIN ORANGE
CHICKEN W/ FRIED RICE
OR POPCORN CHICKEN
CHEESY BROCCOLI
COOKED CARROTS
SOUR FRUIT CUPS
MILK

25

POPCORN CHICKEN
OR CHICKEN SPAGHETTI
MASHED POTATOES
CALIFORNIA VEGGIES
PEACH CUPS
HOMEMADE ROLL
MILK

5

POPCORN CHICKEN
MASHED POTATOES
GREEN BEANS
TEXAS WATERMELON
HOMEMADE ROLL
MILK

12

POPCORN CHICKEN
MASHED POTATOES
STEAMED SPINACH
TEXAS WATERMELON
HOMEMADE ROLL
MILK

19

CHEESEBURGER
OR CORNDOG
SEASONED CURLY FRIES
BURGER SALAD
RAISELS
MILK

26

PEPPERONI PIZZA
OR CHEESY BITES
SEASONED SQUASH
GREEN BEANS
MARINARA SAUCE
TEXAS WATERMELON
MILK

6

CHEESEBURGER
SEASONED CURLY FRIES
BROCCOLI W/ DIP
BURGER SALAD
RAISELS
MILK

13

PANCAKES WITH
EGGS OR SAUSAGE
HASHBROWNS
BABY CARROTS W/ DIP
BLUEBERRIES
MILK

20

CHEESY BITES
OR BEEF TACO WRAP
STEAMED CORN
GARDEN SALAD
APPLE SLICES
MILK

27

CHEESEBURGER
OR CORNDOG
POTATO SMILES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

7

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
GARDEN SALAD
PEACHES
MILK

14

CHEESEBURGER
OR CORNDOG
POTATO SMILES
BURGER SALAD
BAKED BEANS
PEACHES
MILK

21

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
FRESH SALSA
TEXAS WATERMELON
MILK

28

I'm
SPEEDY CUE
to the rescue!



SPEEDY CUE

Cucumber



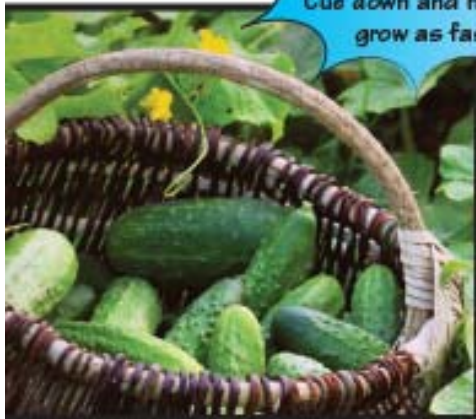
Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground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



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

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.



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.