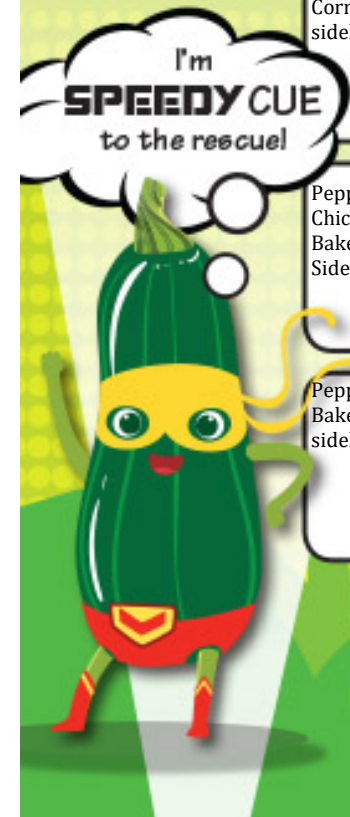


SEPTEMBER

2018

GOOD EATS AT



M	T	W	TH	F					
3	Pepperoni Pizza Chicken Sandwich Baked Broccoli Sidekicks	4	Chicken rings Salisbury Steakls Baked Squash Seasonal Fruit	5	Nachos Baked Carrots Seasonal Fruit	6	Cheese Burger Chicken sandwich Baked Beans French Fries Assorted Fruit	7	
10	Pepperoni Pizza Corn sidekicks	11	Chicken Tenders Chili Without Bens Rice Green Peas Seasonal Fruit	12	Beef dippers Orange Chicken Fried Rice Green Beans Seasonal Fruit	13	Nachos Quesadillas Refried Beans Seasonal Fruit	14	Cheese Burger Corndog Baked Beans French Fries Assorted Fruit
17	Pepperoni Pizza Chicken Sandwich Baked Carrots Sidekick	18	Beef dipper Chicken Egg Roll Fried Rice Baked Broccoli Seasonal Fruit	19	Chicken Tenders Spaghetti and Meat Sauce Three Bean Salad Seasonal Fruit	20	Nachos Bean and cheese Burrito Green Beans Seasonal Fruit	21	Pork Rib Sandwich Cheese Burger Waffle Fry Baked Beans Seasonal Fruit
24	Pepperoni Pizza Baked Squash sidekicks	25	Chicken Nuggets Salisbury Steaks Mashed Potatoes Seasonal Fruit	26	Chili W/O Beans Tmales Green Beans Seasonal Fruit	27	Crispitos Nachos Baked Carrots Seasonal Fruit	28	Cheese burger Meat Ball Sandwich Sweet Potato Fries Baked Beans Seasonal Fruit

SPECIAL ANNOUNCEMENTS

GET READY

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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This product was funded by USDA.
This institution is an equal opportunity provider.

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 _____. He was once a
plural noun
normal, average _____. He had
noun
a _____ life growing up on
adjective
the farms of East Texas, the Rio Grande
Valley and Texas' Winter Garden region.