

SEPTEMBER

2019



I'm **BIANCA**
"BOOST"
BLUEBERRY

GOOD EATS AT

LUNCH at Shark Café

SPECIAL ANNOUNCEMENTS

9/2 Labor Day
9/27 Waiver Day

M	T	W	TH	F
Labor Day No School 2	Orange Chicken Asian Rice Egg Rolls Pineapples 3	Taco Boats Spanish Rice Refried Beans Romaine Salad Pears 4	Chicken Sandwich French Fries Shredded Lettuce/Tomato Applesauce 5	Pizza Sticks Corn Romaine Salad Fresh Fruit 6
Chicken Tenders Mashed Potato Green Beans Pineapples Rolls 9	BBQ Beef Baked Potato Baked Beans Corn on the cob Mandarin Oranges 10	Tornado Spanish Rice Refried Beans Salad Peaches 11	Chicken & Dumplings Peas Carrots Applesauce Corn Bread 12	Cheeseburger French Fries H/Burger Salad Fresh Fruit 13
Chicken Fried Steak Mashed Potato Broccoli Peaches Rolls 16	Oven Fried Chicken Mac and Cheese Carrots Greens Beans Pears 17	Beef & Cheese Nacho Spanish Rice Refried Beans Salad Apples 18	Corndogs Tater Tots Baked Beans Cucumbers Mandarin Oranges 19	F/B Garlic Pizza Corn Romaine Salad Fresh Fruit 20
Steak Nuggets Mashed Potato Green Beans Peaches Rolls 23	Chicken Fettuccine Baby carrots Peas Mandarin Oranges Garlic Bread 24	Walking Tacos Refried Beans Spanish Rice Romaine Salad Pears 25	Baked Chicken Au gratin Potato Spinach Pineapples 26	Cheeseburger French Fries H/B Salad Fresh Fruit 27
Chicken Nuggets Mashed Potato Broccoli Sliced Apples Rolls 30				

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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



Bianca Blueberry was born on Healthyville farm in the back corner next to the old electric fence. Her stem got a continuous low-voltage charge for months. The electricity gave her a super charge to activate her antioxidant powers for fighting diseases. She uses her powers to fly to other blueberry bushes and pass on her powerful antioxidants so other blueberries can help people take care of their hearts and stay healthy.

BIANCA "BOOST" Blueberry

WHAT TO KNOW

Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

BIANCA'S
FAVORITE
ACTIVITIES
Bouncing on the
Trampoline

BAKED BERRY OATMEAL

Ingredients:

- 2 cups Old fashioned rolled oats
- 1 tsp. Baking powder
- 1 tsp. Cinnamon
- ¼ tsp. Salt
- 2 Eggs
- ½ cup Brown sugar
- 1½ tsp. Vanilla
- 2 cups Nonfat or 1% milk
- 4 tsp. Butter or margarine, melted
- 2 cups berries, fresh or frozen (blueberries, raspberries, blackberries)
- ¼ cup Walnuts, chopped (optional)



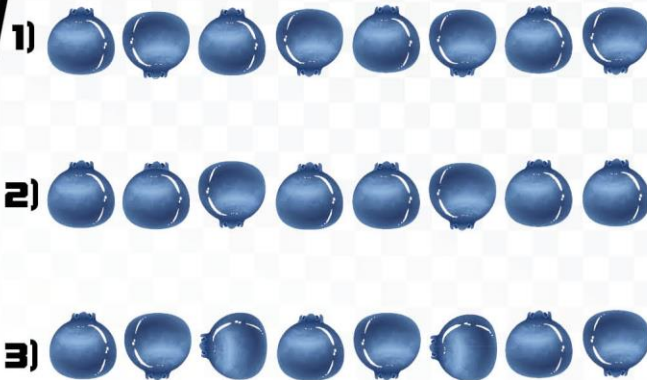
Directions:

1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

POWER HIGH FLYING and disease fighting

FINISH THE PATTERN

Look for the pattern and find out which direction the blueberry will face next.



Answer Key: 1) up 2) down 3) left



JOKE OF THE MONTH

Q: Why don't blueberries drive?

A: They always get into a traffic jam!