

SEPTEMBER

2018

GOOD EATS AT

St Joseph & Holy Cross

SPECIAL ANNOUNCEMENTS

Get you smart Snack card today... details in the Cafeteria with Mrs. Miller

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.

M	T	W	TH	F
Labor Day No School 3	Nachos Grande Or Taco Soup Tiny Tomatoes Cucumber Slices Peaches Sherbet 4	Chicken Sandwich Oven fries Or X-Tream Burrito Fresh Veggie Cup Mandarin Oranges 5	Asian Bowl Or Salisbury Steak Roasted Potatoes Garden Salad Fruity Gelatin 6	Pizza Or Ham & Cheese Melt w/chips Carrots Crunchy Broccoli Salad Fresh Fruit 7
Country Fried Steak Or Meatloaf Mashed Potatoes Roll Strawberries 10	Meat & Cheese Chalupa Or Enchiladas Rice Zesty Cucumbers Beans Rosy Applesauce 11	Chicken Tenders Or Hamburger Broccoli Sweet Potatoes Mixed Fruit Crispy Cereal Treat 12	Chicken Spaghetti Or Pizza Garden Salad Carrots Apple Slices 13	Fish Sticks w/ Mac & cheese or BBQ On Bun Coleslaw Savory Green Beans Orange Smiles 14
Texas Basket Or Hamburger Oven Fries Fresh Veggie Cup Mixed Fruit 17	Tex-Mex Stack Or Chicken Fajitas Beans Tiny Tomato Cup Peaches 18	Chicken Alfredo Or Pizza Pocket Garden Salad Tuscan Vegetables Cinnamon Apples 19	Ranchero Wrap Or Country Pot Pie Broccoli Veggie Cup Snowball Salad 20	St Joe Chicken Bowl Or Breaded Pork Chop Mashed Potatoes Savory Green Beans Roll Apple Slices 21
Enchiladas Or Taquitos w/Queso Beans Corn Fresh Fruit 24	Meatball Sub Sandwich Tater Tots Or Chili Cheese Combo Fresh Veggie Cup Mixed Fruit 25	Chicken Nuggets Mac & Cheese Green Beans Or Asian Stir-Fry Garden Salad Strawberries 26	Pizza Or Fiesta Bowl Tiny Tomatoes Fruity Gelatin 27	Hamburger Or Frito Pie Cucumber Slices Carrots Cinnamon Applesauce Cookie 28

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



SPEEDY CUE

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, deseeded, 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 AgLife 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 _____ life growing up on
adjective 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!

