

SEPTEMBER

2018

GOOD EATS AT

Colmesneil ISD Breakfast Menu!
IT'S A GREAT DAY TO BE A BULLDOG

SPECIAL ANNOUNCEMENTS

Condiments
Syrup
Strawberry Jelly
Grape Jelly

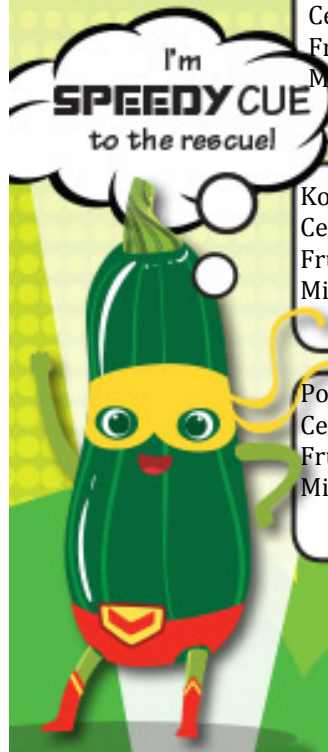
Sep 3-Labor Day NO School
Sep 21- Homecoming

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
NO SCHOOL!! 3	Pop tarts Cereal/Toast Fruit Milk 4	Mini Pancakes Cereal/Toast Fruit Milk 5	Powdered Donuts Cereal/Toast Fruit Milk 6	Biscuit & Sausage Cereal/Toast Fruit Milk 7
Mini Maple Waffles Cereal/Toast Fruit Milk 10	French Toast Sticks Cereal/Toast Fruit Milk 11	Mini Cinnamon Cream Cheese Bagel Cereal/Toast Fruit Milk 12	Yogurt Graham Bug Bites Cereal/Toast Milk 13	Breakfast Pizza Cereal/Toast Fruit Milk 14
Kolcahe Cereal/Toast Fruit Milk 17	Honey Buns Cereal/Toast Fruit Milk 18	Blue Berry Muffins Cereal/Toast Fruit Milk 19	Pretzels W/ String Cheese Cereal/Toast Fruit Milk 20	Cinnamon Rolls Cereal/Toast Fruit Milk 21
Pop Tarts Cereal/Toast Fruit Milk 24	Powdered Donuts Cereal/Toast Fruit Milk 25	Pancake Sausage on a stick Cereal/Toast Fruit Milk 26	Breakfast Burritos Cereal/Toast Fruit Milk 27	Biscuit & Sausage Cereal/Toast Fruit Milk 28



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.

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, 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 fish or chicken.



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

JOKE OF THE MONTH

Q: Where do cucumbers go