

# SEPTEMBER

2018

**GOOD EATS AT**

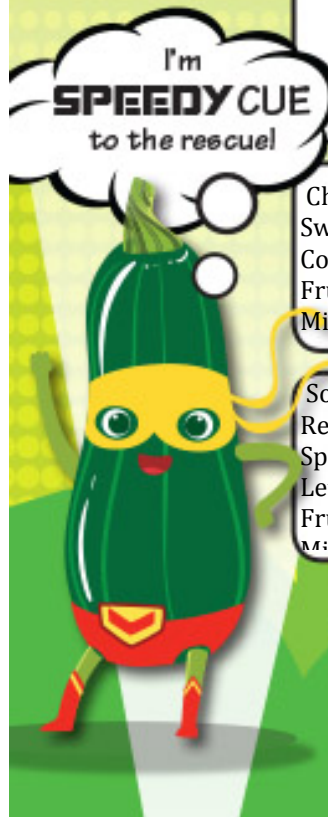
**COLMESNEIL LUNCH ROOM!!**

IT'S A GREAT DAY TO BE A BULLDOG

**SPECIAL ANNOUNCEMENTS**

- Condiments:  
 Ketchup  
 Mayo  
 Mustard  
 Taco Sauce  
 Salsa  
 Marinara

Sep3- Labor Day No School  
 Sep21- Homecoming



M	T	W	TH	F
NO SCHOOL!! 3	Meat & Cheese Nachos Refried Beans Romaine Salad Fruit Milk 4	Hoagie Meatball Sub W/Sauce Corn Romaine Salad Fruit/Milk 5	Chicken Rings Mashed Potatoes/Gravy Steamed Carrots Fruit/Milk 6	Hamburger French Fries Lett/Tom Fruit Milk 7
Mini Corn Dogs Mac & Cheese Sliced cucumbers Baby Carrots W/Ranch Fruit/Milk 10	Frito Pie W/Cheese Pinto Beans Corn Muffin Cornbread Fruit/Milk 11	Chicken Spaghetti Green Beans Romaine Salad Garlic Toast Fruit/Milk 12	Pizza W/Marinara Corn Romaine Salad Fruit Milk 13	Breaded Chicken Sandwich French Fries Lett/tom Fruit Milk 14
Chili Dogs Sweet Potato Fries Corn Fruit Milk 17	Chicken Strips Mashed Potatoes/Gravy Black Eyed Peas Roll Fruit/Milk 18	Orange Chicken Fried Rice Steamed Broccoli Roll Fruit/Milk 19	Ground Meat Spaghetti Green Beans Romaine Salad Garlic Toast Fruit/Milk 20	Barbecue Brisket on a bun Sweet Potato Fries Baked Beans Fruit/Milk 21
Soft Tacos W/Salsa Refried Beans Spanish Rice Lett/Tom Fruit Milk 24	Barbecue Ribs on a bun Sweet Potato Fries Baked Beans Fruit Milk 25	Steak Fingers Mashed Potato/Gravy Steamed Carrots Roll Fruit Milk 26	Hoagie Meatball Sub W/Sauce Green Beans Romaine Salad Fruit/Milk 27	Grilled Chicken Burger French Fries Lett/Tom Fruit/Milk 28

**GET READY**

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

## 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 \_\_\_\_\_ life growing up on  
adjective

## JOKE OF THE MONTH

Q: Where do cucumbers go