

# SEPTEMBER

2018

GOOD EATS AT

C OLMESNEIL  
ISD  
BULLDOG CAFÉ  
5<sup>TH</sup>-12<sup>TH</sup>

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
NO SCHOOL!! 3	Quesadillas Refried Beans Romaine Salad Fruit Milk 4	Pizza W/Marinara Corn Romaine Salad Fruit Milk 5	Pop Corn Chicken Potato/Gravy Steamed Carrots Fruit Milk 6	Barbecue Brisket On a bun French Fries Fruit Milk 7
Burrito Mac & Cheese Baby Carrots W/Ranch Fruit/Milk 10	Mini Tacos Pinto Beans Corn Fruit Milk 11	Honey Sriracha Wings Green Beans Romaine Salad Fruit 12	Cheese Sticks W/Marinara Romaine Salad Corn Fruit Milk 13	Mini Cheeseburgers French Fries Fruit Milk 14
Jumbo Corndogs Sweet Potato Fries Corn Fruit Milk 17	Popcorn Chicken Potatoes/Gravy Black Eyed Peas Fruit/Milk 18	Egg Rolls Fried Rice Steamed Broccoli Roll Fruit/Milk 19	Pizza Romaine Salad Corn Fruit Milk 20	Barbecue Ribs on a bun Sweet Potato Fries Baked Beans Fruit/Milk 21
Meat & Cheese Nachos Refried Beans Fruit Milk 24	Tippie Decker Sandwich Baked Beans Fruit Milk 25	Chicken Rings Mashed Potato/Gravy Steamed Carrots Fruit Milk 26	Burrito Green Beans Romaine Salad Fruit/Milk 27	Mini Tacos W/ Salsa Lett/Tom Fruit/Milk 28

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

GET  
READY

FOR NATIONAL  
SCHOOL LUNCH WEEK  
OCTOBER 8-12  
[SquareMeals.org/nslw](http://SquareMeals.org/nslw)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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.

## 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 bread, pizza, 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