

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019



GOOD EATS AT

Prices:

Breakfast:

Students: Free

Adults: \$2.75

Lunch:

Students: \$2.75

Reduced: \$0.40

Adults: \$4.00

SPECIAL ANNOUNCEMENTS

Breakfast Includes:

Fruit, Juice and /or Milk

Lunch Includes:

Choice of Vegetables, Fruits, an Milk



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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M

Breakfast:
Breakfast Pizza
Lunch:
Taqitos 7

T

Breakfast:
Cheese Omelet
Lunch:
Boneless Chicken Wings 1

Breakfast:
French Toast & Sausage
Lunch:
Chicken Nuggets 8

W

Breakfast:
Waffles & Sausage
Lunch:
French Bread Pizza 2

Breakfast:
Power Breakfast
Lunch:
Meatball Sub 9

TH

Breakfast:
Breakfast Pizza
Lunch:
Quesadilla 3

Breakfast:
Pancake Wrap
Lunch:
Cheese Pizza 10

F

Breakfast:
French Toast & Sausage
Lunch:
Popcorn Chicken 4

Breakfast:
Biscuit & Sausage
Lunch:
Cheeseburger 11

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

Breakfast:
Kolache & Yogurt
Lunch:
Steak Fingers 14

Breakfast:
Cheese Omelet Wrap
Lunch:
Boneless Chicken Wings 15

Breakfast:
Waffles & Sausage
Lunch:
French Bread Pizza 16

Breakfast:
Breakfast Pizza
Lunch:
Quesadilla 17

Breakfast:
French Toast & Sausage
Lunch:
Popcorn Chicken 18

Breakfast:
Waffles
Lunch:
Mini Corn Dogs/Corn Dogs 21

Breakfast:
Breakfast Pizza
Lunch:
Xtreme Burrito 22

Breakfast:
Power Breakfast
Lunch:
Nacho Grande 23

Breakfast:
Cheesy Toast/ Breakfast Bread
Lunch:
Hamburger Steak 24

Breakfast:
Sausage, Egg, Cheese Biscuit
Lunch:
Pepperoni Pizza 25

Breakfast:
Biscuit & Sausage
Lunch:
Hot Dogs 28

Breakfast:
Breakfast Burrito
Lunch:
Chicken Nuggets 29

Breakfast:
Chicken & Waffles
Lunch:
Tacos 30

Breakfast:
Pancake & Sausage
Lunch:
Chicken Parmesan 31



DELILAH THE DAIRY Cow

Delilah the dairy cow loves wildflowers that grow in the field. One day she found a beautiful, glowing daisy that looked so good she had to take a bite. The glowing daisy gave Delilah an invisible shield that protects her bones and body. Delilah makes super milk for kids to enjoy and have healthy, strong bones.



FUN FACT

Texas dairies produce enough milk to fill the AT&T stadium, home of the DALLAS COWBOYS, 1.5 times!

WHAT TO KNOW

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

National School Lunch Week is this month!

Look for dairy foods in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch- and they're all produced right here in Texas.

DELILAH'S FAVORITE ACTIVITIES Soccer and Reading

YOGURT PARFAIT

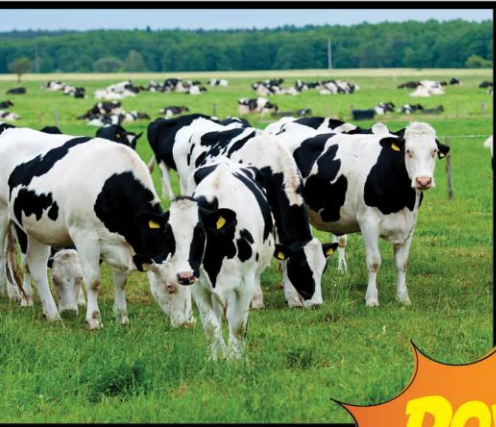
Ingredients:

- 3 cups vanilla non fat yogurt
- 1 cup fresh or defrosted frozen strawberries, sliced
- 1 pint fresh raspberries, blueberries, or black berries
- 1 cup granola



Instructions:

1. Scoop 1/3 cup of vanilla yogurt into the bottom each of 4 tall glasses.
2. Combine sliced strawberries and juice with fresh berries.
3. Alternate layers of fruit, granola, and yogurt until glasses are filled to the top.
4. Serve parfaits immediately to keep granola crunchy. Makes four servings.



DAIRY SOURCES

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

Sources of dairy: milk, cheese, yogurt

POW!
SUPER Invisible Shield

JOKE OF THE MONTH

Q: What do you call a cow that doesn't give milk?

A: a milk dud!



Sources: Texas A&M and Agrilife Extension

