

SEPTEMBER



I'm
BIANCA
"BOOST"
BLUEBERRY

M	T	W	TH	F
<p>Labor Day No School</p> <p>2</p>	<p>Breakfast: French Toast & Sausage Lunch: Chicken Nuggets 3</p>	<p>Breakfast: Power Breakfast Lunch: Meatball Sub 4</p>	<p>Breakfast: Pancake Wrap Lunch: Cheese Pizza 5</p>	<p>Breakfast: Biscuit & Sausage Lunch: Cheeseburger 6</p>
<p>Breakfast: Kolache & Yogurt Lunch: Steak Fingers 9</p>	<p>Breakfast: Cheese Omelet Wrap Lunch: Boneless Chicken Wings 10</p>	<p>Breakfast: Waffles & Sausage Lunch: French Bread Pizza 11</p>	<p>Breakfast: Breakfast Pizza Lunch: Quesadilla 12</p>	<p>Breakfast: French Toast & Sausage Lunch: Popcorn Chicken 13</p>
<p>Breakfast: Waffles Lunch: Mini Corn Dogs/Corn Dog 16</p>	<p>Breakfast: Breakfast Pizza Lunch: Xtreme Burrito 17</p>	<p>Breakfast: Power Breakfast Lunch: Nacho Grande 18</p>	<p>Breakfast: Cheesy Toast/ Breakfast Bread Lunch: Hamburger Steak 19</p>	<p>Breakfast: Sausage, Egg, Cheese Biscuit Lunch: Pepperoni Pizza 20</p>
<p>Breakfast: Biscuit & Sausage Lunch: Hot Dogs 23</p>	<p>Breakfast: Breakfast Burrito Lunch: Chicken Nuggets 24</p>	<p>Breakfast: Chicken & Waffles Lunch: Tacos 25</p>	<p>Breakfast: Pancakes & Sausage Lunch: Chicken Parmesan 26</p>	<p>Breakfast: French Toast Lunch: Cheeseburger 27</p>
<p>Breakfast: Kolache & Yogurt Lunch: Steak Fingers 30</p>				

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, and milk

GET READY

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



TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER SID MILLER



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Bianca Blueberry was born on Healthyville farm in the back corner next to the old electric fence. Her stem got a continuous low-voltage charge for months. The electricity gave her a super charge to activate her antioxidant powers for fighting diseases. She uses her powers to fly to other blueberry bushes and pass on her powerful antioxidants so other blueberries can help people take care of their hearts and stay healthy.

BIANCA "BOOST" Blueberry

WHAT TO KNOW

Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

BIANCA'S FAVORITE ACTIVITIES
Bouncing on the Trampoline

BAKED BERRY OATMEAL

Ingredients:

- 2 cups Old fashioned rolled oats
- 1 tsp. Baking powder
- 1 tsp. Cinnamon
- ¼ tsp. Salt
- 2 Eggs
- ½ cup Brown sugar
- 1½ tsp. Vanilla
- 2 cups Nonfat or 1% milk
- 4 tsp. Butter or margarine, melted
- 2 cups berries, fresh or frozen (blueberries, raspberries, blackberries)
- ¼ cup Walnuts, chopped (optional)



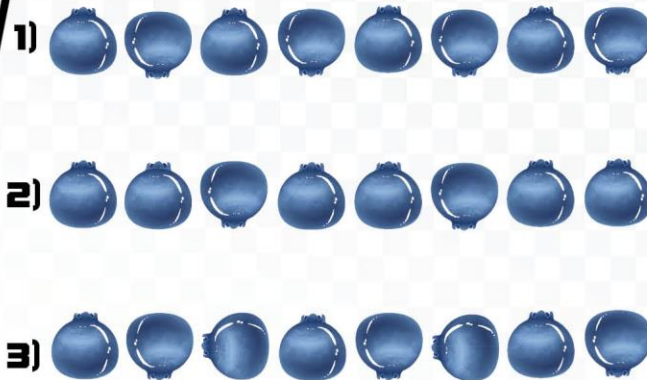
Directions:

1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add the berries and stir lightly to evenly distribute. Pour mixture into 2 quart baking dish. Sprinkle with chopped nuts if desired.
6. Bake for 20-30 minutes or until the top is golden brown.
7. Refrigerate leftovers within 2 hours.

POWER HIGH FLYING and disease fighting

FINISH THE PATTERN

Look for the pattern and find out which direction the blueberry will face next.



Answer Key: 1) up 2) down 3) left



JOKE OF THE MONTH

Q: Why don't blueberries drive?

A: They always get into a traffic jam!