

SEPTEMBER

2018

GOOD EATS AT

WELCOME TO THE HORNETS CAFÉ!!!

JH&HS LUNCH MENU'S ONLY

SPECIAL ANNOUNCEMENTS

All menus are served with a Milk variety.

All students are served a well balance meal. Each student must pick up at least (3) of the (5) items offered to make a complete meal. We offer all item to students to take.

Menus are subject to change due to availability.

OUT Or SCHOOL

M

3

Beef Burrito's or Chef Salad
Refried Beans
Spanish Rice
Lettuce, Tomatoes
Mandarin Oranges,
Salsa

T

4

Chicken Fried Steak or Chef Salad
Mashed Potatoes
Sweet Carrots
WG Roll
Peaches

W

5

Popcorn Chicken or Chef Salad
Baked Fries
Purple-hull Peas
WG Bread
Pears
Ketchup, HM, BBQ

TH

6

Pizza or Chef Salad
Sweet Corn
Mixed Salad, Ranch
Fresh Fruit
Pudding

F

7

BBQ Rib Sandwich or Chef Salad
Baked Beans
Potato Salad
Pickle Spears
Mixed Fruit

10

Tamales or Chef Salad
Pinto Beans
Mexican Corn
Chips
Pineapples

11

Chicken Spaghetti or Chef Salad
Green Beans
Mixed Salad
Garlic Toast
Mandarin Oranges

12

Popcorn Smackers or Chef Salad
Mashed Potatoes
Green Peas
WG Bread
Peaches
BBQ, HM

13

Steak Sandwich or Chef Salad
Baked Tots, Ketchup
Lettuce, Tomatoes,
Pickles
Fresh Fruit, Cookies
Mayo, Mustard

14

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

Corn Dogs or Chef Salad
Baked Fries
Pork n Beans
Mandarin Oranges
Mustard, ketchup

17

Taquitos, cheese or Chef Salad
Refried Beans
Spanish Rice
Mixed Salad, ranch
Strawberry Applesauce

18

BBQ Plate or Chef Salad
Baked Potato
Baked Beans
Pickles
Pears

19

Chicken Nuggets or Chef Salad
Mashed Potatoes
Green Beans
WG Bread
Peaches
gravy

20

Pizza or Chef Salad
Sweet Corn on the Cob
Mixed Salad, ranch
Fresh fruit
Pudding

21

Hot Dogs or Chef Salad
Baked Fries
Carrot Dippers
Peaches
Ketchup, mayo, mustard

24

Taco Tuesday or Chef Salad
Pinto Beans
Lettuce, tomatoes
Salsa
Pineapples

25

Steak Fingers, gravy or Chef Salad
Mashed Potatoes
Green Beans
WG Roll
Pears

26

Chicken Strips or Chef Salad
Baked Tots
Carrots
WG Bread
Mixed Fruit

27

OUT OF SCHOOL

28

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 8-12
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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.



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!

SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

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.

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.



CUCUMBER-YOGURT SAUCE

Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, seeded, 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 chicken pita sandwiches.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension



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 the farms of East Texas, the Rio Grande Valley and Texas' Winter Garden region.