



# AUGUST

2018

**GOOD EATS AT**

I'm  
**PROFESSOR GREEN**

WELCOME TO HORNETS CAFE!! WE HOPE YOU ALL ENJOYED YOUR SUMMER AND YOUR READY TO GET BACK TO SCHOOL. WE SURE HAVE MISSED YOU ALL.

**SPECIAL ANNOUNCEMENTS**

**K-12<sup>th</sup> Grades** will be served each day with a choice of Milk and Juice variety. **Pre-k** will be served 1% White Milk ONLY..

Students need to pick (3) Items to make a complete meal. They are encouraged to pick up all. One item must be a fruit.

Menus are subject to change due to availability...

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**  
f t y i  
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The institution is an equal opportunity provider.

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16 Breakfast Pizza 26g Or Cereal n toast 40g Fruit 10g Jelly 9g Milk 11g / Juice 14g	17 Sausage Biscuit 28g Or Cereal n toast 40g Fruit 10g Jelly 9g Milk 11g / Juice 14g
20 French Toast 25g Syrup 19g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g	21 Egg Frittata 1g Tomato Slice 1g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g	22 Biscuit 26g n Gravy 8g Sausage Patty 1g Or Cereal n toast 40 g Jelly 9g Fruit 10g Milk 11g/Juice 14g	23 Donuts 20g (pk-3) Yogurt 15g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g	24 Chicken Biscuit 35g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g
27 Pancakes 36g Syrup 19g Or Cereal n toast Jelly 9g Fruit 10g Milk 11g?Juice 14g	28 Egg-stravaganza 1g Toast 15g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g	29 Biscuit 26g n Gravy 8g Sausage Link 1g Or Cereal n toast 40 g Jelly 9g Fruit 10g Milk 11g/Juice 14g	30 Breakfast Pizza 26g Or Cereal n toast 40g Fruit 10g Jelly 9g Milk 11g / Juice 14g	31 Ham, Egg Cheese Croissant 30g Or Cereal n toast 40g Jelly 9g Fruit 10g Milk 11g/Juice 14g

## NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

### PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

### FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



**POW!**  
**ARCH ENEMY**  
Slaw Burglar

### MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.

**PROFESSOR GREEN'S  
FAVORITE  
ACTIVITIES**  
Studying and helping  
kids eat healthy

### EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



### JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!



**PROFESSOR  
GREEN**



**PROFESSOR  
PURPLE**



**PROFESSOR  
WHITE**