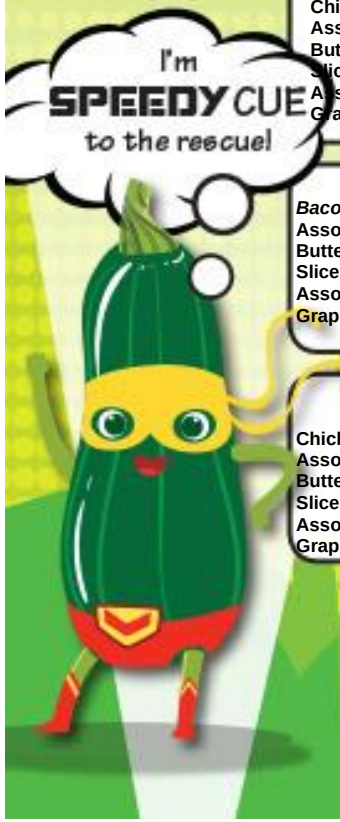
SEPTEMBER 2018

M	T	W	TH	F
SCHOOL HOLIDAY 3	Kolache Assorted Cereals Cheese Toast *Mandarin Oranges* *Assorted Juice* 4	*Blueberry Pancakes* Syrup Assorted Cereals Yogurt Applesauce *Assorted Juice* 5	*Sausage-n-Biscuit* w/Jelly & Gravy Assorted Cereals Pop tart *Orange Wedges* *Assorted Juice* 6	**GRANDPARENTS BREAKFAST** *Bacon-n-Egg Biscuit* Assorted Cereals Buttered Toast Fresh Fruit Cup Assorted Juice Grape Jelly 7
Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 10	*Scramble Egg* w/Bacon Assorted Cereals Cheese Toast *Mandarin Oranges* *Assorted Juice* 11	*Pancake on Stick* Syrup Assorted Cereals Yogurt Applesauce *Assorted Juice* 12	*Sausage-n-Biscuit* w/Jelly & Gravy Assorted Cereals Pop tart *Orange Wedges* *Assorted Juice* 13	*Cinnamon Roll* Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup *Assorted Juice* 14
Bacon-n-Egg Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 17	Kolache Assorted Cereals Cheese Toast *Mandarin Oranges* *Assorted Juice* 18	*Mini Maple Waffle* Syrup Assorted Cereals Yogurt Applesauce *Assorted Juice* 19	*Sausage-n-Biscuit* w/Jelly & Gravy Assorted Cereals Pop tart *Orange Wedges* *Assorted Juice* 20	Donut Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup *Assorted Juice* 21
Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 24	*Scramble Egg* w/Bacon Assorted Cereals Cheese Toast *Mandarin Oranges* *Assorted Juice* 25	Breakfast Pizza Assorted Cereals Yogurt Applesauce *Assorted Juice* 26	*Sausage-n-Biscuit* w/Jelly & Gravy Assorted Cereals Pop tart *Orange Wedges* *Assorted Juice* 27	*Cinnamon Roll* Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup *Assorted Juice* 28



GET READY

FOR NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw

GOOD EATS AT

JOAQUIN ISD RAM CAFÉ
Breakfast Menu
Elementary $1.75
Junior High $1.75
High School $1.75
Adult $2.25

SPECIAL ANNOUNCEMENTS

Grandparents Breakfast
September 7, 2018
7:15 AM – 8:00AM
Adult $2.25

Choice of milk everyday: White 1% Low Fat or Flavored Fat Free.

Menus are subject to change without notice.

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.

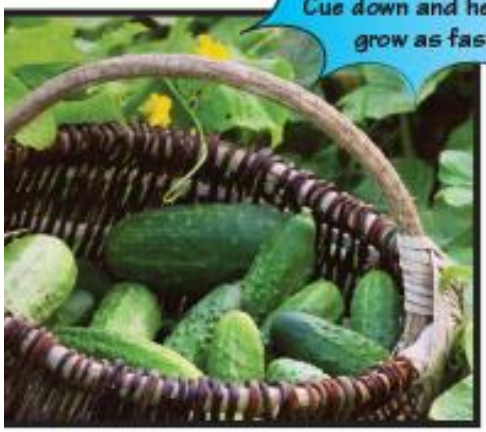
POW!

ARCH ENEMY
Drought. It slows Speedy Cue down and he can't grow as fast.

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.

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.



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 chicken pita sandwiches.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension

JOKE OF THE MONTH
Q: Where do cucumbers go for a date?

A: The salad bar!

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.