SEPTEMBER 2018

GOOD EATS AT

M	T	W	TH	F
SCHOOL HOLIDAY 3	Chef Salad Hoagie Melt Basket *Stuffed Crust Pizza* *Green Beans* Veggie Bar w/Ranch Dressing Strawberries Sliced Pears 4	Chef Salad Steak Fingers *Mashed Potatoes* w/Gravy Sweet Peas *Whole Grain Roll* Apple Diced Peaches 5	Chef Salad Big Daddy's Pizza Tacos Sweet Corn Chili Beans *Salsa, Peppers* *Orange Smile* *Mixed Fruit* 6	Chicken or Hamburger on Bun Sliced Cheese Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Sidekick Fruit Slush 7
Chef Salad Chicken Burger Basket French Bread Pizza *Green Beans* Veggie Bar w/Ranch Dressing Strawberries Pineapple Tidbits 10	Chef Salad BBQ Sandwich Baked Potato w/Cheese Glazed Carrots Veggie Bar w/Ranch Dressing *Grapes* *Mandarin Oranges* 11	Chef Salad Boneless Chicken Wing *Mashed Potatoes* w/Gravy Mix Vegetables *Whole Grain Roll* *Sliced Peach Cup* Apple 12	Chef Salad Big Daddy's Pizza Asian Glazed Chicken Fried Rice Buttered Corn Pinto Beans *Orange Wedges* Mango Chunks Fortune Cookie 13	Chicken or Hamburger on Bun Sliced Cheese Fries Cauliflower w/Sauce Burger Veggies Applesauce Cup Fruit Slush 14
Chef Salad Hoagie Melt Basket *Stuffed Crust Pizza* *Green Beans* Veggie Bar w/Ranch Dressing Strawberries Sliced Pears 17	Chef Salad Corn Dog Macaroni & Cheese Baked Beans Sweet Potatoes Veggie Bar w/ Dressing *Grapes* *Mandarin Oranges* 18	Chef Salad *Chicken Tenders* *Mashed Potatoes* w/Gravy Sweet Peas *Whole Grain Roll* Apple Diced Peaches 19	Chef Salad Big Daddy's Pizza Beef Burrito w/Queso Sweet Corn Chili Beans *Salsa, Peppers* *Orange Smile* *Mixed Fruit* 20	Chicken or Hamburger on Bun Sliced Cheese Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Fruit Slush 21
Chef Salad Chicken Burger Basket French Bread Pizza *Green Beans* Veggie Bar w/Ranch Dressing Strawberries Pineapple Tidbits 24	Chef Salad Chicken Spaghetti Baby Lima Beans Glazed Carrots Veggie Bar/ Dressing Garlic Toast *Grapes* *Mandarin Oranges* 25	Chef Salad *Chicken Chunk* *Mashed Potatoes* w/Gravy Mix Vegetables *Whole Grain Roll* *Sliced Peach Cup* Apple 26	Chef Salad Big Daddy's Pizza *Nachos w/Cheese Sauce* Buttered Corn Pinto Beans *Salsa, Peppers* *Orange Wedges* Mango Chunks 27	Chicken or Hamburger on Bun Cheese Slice Fries Cauliflower w/Sauce Burger Veggies Applesauce Cup Fruit Slush 28

GET READY

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

JOAQUIN ISD RAM CAFÉ
Lunch Menu

Elementary	$2.50
Junior High	$2.50
High School	$2.75
Adult	$3.50

SPECIAL ANNOUNCEMENTS

Snack Bar
Drinks $1.00 Chips $1.00
Cookies $ .50 Ice Cream $1.00
Rice Krispies Treat $1.00
Dipping Dots $2.50
Entrée $2.00 Side Dishes $1.00
Must have cash for snack bar.
No Charging Snacks.

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.

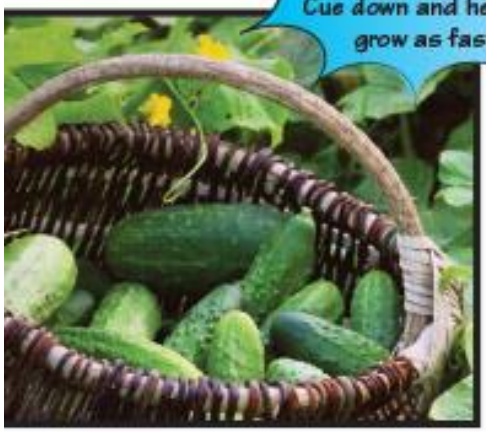
POW!

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.