

SEPTEMBER



I'm **BIANCA** "BOOST" BLUEBERRY

GOOD EATS AT

NEW HOME ISD. LUNCH MENU

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
NO SCHOOL 2	Meatball Sub Sandwich Tater Tot Or Chicken -n- Waffles Or Chicken Salad Fresh Veggie Cup Strawberries 3	Chicken Nuggets Mac & Cheese Or Asian Bowl Egg Roll Rice Or Chicken Salad Garden Salad Grapes 4	Pizza Choice Or Grilled Cheese Sandwich Multi-Grain Chips Soup Or Chicken Salad Tomato Cup 5	Hamburger/Cheeseburger Hamburger Garnish Or Potato Bowl Roll Or Chicken Salad Cucumber Slices Carrots Cinnamon Applesauce Cherry crisp 6
Breaded Drumstick Biscuit Or Pig in a Blanket Or Caribbean Salad Sweet Potatoes Corn Fresh Grapes 9	Crispy Tacos Or Frito Pie Or Caribbean Salad Fresh Veggie Cup Beans Salsa Lettuce and Tomato Garnish Orange Smiles 10	Lasagna Tuscan Vegetables Or Chicken Nuggets Mashed Potatoes Or Caribbean Salad Broccoli Roll Fruit Cup Brownies 11	Hamburger/Cheeseburger Hamburger Garnish Or Pizza Choice Or Caribbean Salad Oven Fries Carrots Snowball Salad 12	Pulled Pork Sliders Or Chicken Parmesan Breadstick Or Caribbean Salad Savory Green Brans Garden Salad Chilled Pineapple Krispy Treats 13
Chicken Fried Steak Gravy Or Meatloaf Or Crispy Chicken Salad Mashed Potatoes Okra Roll Strawberries 16	Meat & Cheese Chalupa Or Enchiladas Or Crispy Chicken Salad Salsa Zesty Cucumbers Beans Lettuce / Tomato Garnish Rosy Applesauce 17	Chicken Tenders Biscuit Gravy Or Hamburger/Cheeseburger Hamburger Garnish Or Crispy Chicken Salad Broccoli Sweet Potatoes Mixed Fruit Brownies 18	Chicken Spaghetti Breadstick Or Pizza choice Or Crispy Chicken Salad Garden Salad Carrots Fresh Apple Slices 19	Shrimp Poppers Mac & Cheese Or BBQ on a Bun Or Crispy Chicken Salad Coleslaw Savory Green Beans Orange Smiles Choco Lena Cake 20
Steak Fingers Gravy Roll Or Roast Beef Sandwich Or Tuna Salad Potatoes Tomato Cup Strawberries & Banana 23	Pizza Bake Pasta Breadstick Or French Bread Pizza Marinara Sauce Or Tuna Salad Garden Salad California Blend Vegetables Fruit cup 24	Boneless Chicken Wings Or Texas Chili Cornbread Or Tuna Salad Celery Sticks Carrots Peaches Pudding 25	Mexican Combo Plate (1 Taco, 1 Tamale) Or Quesadilla Or Tuna Salad Corn Beans Salsa Lettuce/Tomato Garnish Fresh Seasonal Fruit 26	Popcorn Chicken Roll Or Sloppy Joe Sandwich Or Tuna Salad Vegetable Medley Potatoes Pears Cherry Crisp 27
Corn Dog Tater Tot Or Oven Roasted Chicken Savory Green Beans Roll Or Santa Fe Salad Baked Beans Apple-pineapple D'Lite 30				

GET READY

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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GOOD EATS AT

NEW HOME ISD.
BREAKFAST MENU

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
NO SCHOOL 2	Sausage Kolache Yogurt Or Cereal Variety Toast Fruit Fruit Juice 3	Cheese Omelet Toast Or Breakfast Strudel Cheese Stick Fruit Fruit Juice Milk Variety 4	Waffles/Sausage Or Muffin/Yogurt Fruit Fruit Juice Milk Variety 5	Breakfast Pizza Or Breakfast Crackers Cheese Sticks Fruit Fruit Juice Milk Variety 6
Pancakes Sausage Or Muffin/Yogurt Fruit Fruit Juice Milk Variety 9	Breakfast Burrito Hash Brown Or PBJ Fruit Fruit Juice 10	Power Breakfast (Biscuit, Gravy, Scrambled Egg) Or Banana Split Fruit Fruit Juice Milk Variety 11	Sausage Kolache Yogurt Or Cereal Bar/Yogurt Fruit Fruit Juice Milk Variety 12	Morning Griddle Sandwich Or Cereal/Toast Fruit Fruit Juice Milk Variety 13
Waffles/Bacon Or Breakfast Round Yogurt Fruit Fruit Juice Milk Variety 16	Sausage, Egg, and Cheese Biscuit Or Breakfast Strudel Cheese stick Fruit Fruit Juice Milk Variety 17	Breakfast Pizza Or Banana Split Fruit Fruit Juice Milk Variety 18	Cinnamon Rolls Sausage Or PBJ Fruit Juice Fruit Milk Variety 19	Leopard Breakfast Or Cereal Variety Fruit Fruit Juice Milk Variety 20
Sausage Biscuit Or Cereal Variety Toast Fruit Fruit Juice 23	Breakfast Combo Or PBJ Fruit Fruit Juice 24	Chicken-N-Waffles Or Muffin/Yogurt Fruit Fruit Juice 25	Pancakes/Sausage Or Breakfast Crackers Cheese Stick Fruit Fruit Juice 26	Dutch Waffle Bacon Or Breakfast Round Yogurt Fruit Fruit Juice 27
Breakfast Pizza Or Cereal/Toast Fruit Fruit Juice 30				

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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.

- 1)
- 2)
- 3)

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