

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019



**GOOD EATS AT**

NEW HOME ISD.  
LUNCH MENU

**SPECIAL ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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M	T	W	TH	F
<p><b>Nachos Grande</b> Beans Salsa or <b>Taco Soup</b> Tomato Cup or <b>Santa Fe Salad</b> Tomato Cup Cucumber Slices</p>	<p><b>Crispy Chicken</b> Sandwich Oven Fries <b>HB Garnish</b> or <b>X-Treme Burrito</b> Salsa Corn Lettuce/Tomato Garnish or <b>Santa Fe Salad</b> Fresh V Veggie Cup Fruity Gelatin</p>	<p><b>Asian Bowl</b> (Tangerine Chicken) Egg Roll Rice or <b>Hamburger Steak</b> Brown Gravy Biscuit <b>Roasted Potatoes</b> or Santa Fe Salad Crunchy Broccoli Salad Mashed Potatoes</p>	<p><b>Pizza</b> Or <b>Fiesta Bowl</b> Spanish Rice Or <b>Santa Fe Salad</b> Carrots <b>Garden Salad</b> Fresh Seasonal Fruit Rice Crispy</p>	

<p><b>Texas Basket</b> Or <b>Hamburger/Cheeseburger</b> HB Garnish Oven Fries Or <b>Chef Salad</b> Zesty Cucumber Strawberries</p>	<p><b>Tex-Mex</b> Or <b>Chicken Fajitas</b> Or <b>Chef Salad</b> Beans Carrots Salsa Lettuce/Tomato Hot Cinnamon Sherbet</p>	<p><b>Chicken Alfredo Breadsticks</b> Or <b>Pizza Pocket</b> Or <b>Chef Salad</b> Tuscan vegetables Garden Salad Marinara Sauce Peaches Cookies</p>	<p><b>Ranchero Wrap</b> Corn Or <b>Country Pot Pie</b> Or <b>Chef Salad</b> Fresh Veggie Cup Snowball Salad</p>	<p><b>Chicken Bowl</b> Or Breaded Pork Chop Mashed Potatoes Gravy Or <b>Chef Salad</b> Savory Green Beans Roll Fresh Apple Slices</p>
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<p><b>NO SCHOOL</b></p>	<p><b>Meatball Sub Sandwich</b> Tater Tots Or <b>Chicken -n- Waffles</b> Hash Browns Chicken Salad Fresh Veggie Cup Strawberries</p>	<p><b>Chicken Nuggets</b> Mac &amp; Cheese Savory Green Beans or <b>Asian Bowl</b> Egg Roll or <b>Chicken Salad</b> Garden Salad Grapes</p>	<p><b>Pizza Choice</b> or <b>Ham &amp; Cheese Melt</b> <b>Multigrain Chips</b> or <b>Chicken Salad</b> <b>Tomato Cup</b> <b>Fruity Gelatin</b></p>	<p><b>HB/Cheeseburger</b> HB Garnish Potato Bowl Roll Cucumber Slices Carrots Cinnamon Applesauce Choco Lena Cake</p>
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<p><b>Breaded Drumstick</b> Biscuit Or <b>Hot Dog</b> Or <b>Caribbean Salad</b> Sweet Potatoes Corn Fresh Grapes</p>	<p><b>Crispy Tacos</b> Frito Pie or <b>Caribbean Salad</b> Fresh Veggie Cup Beans Salsa Lettuce and Tomato Garnish Orange Smiles</p>	<p><b>Lasagna</b> <b>Tuscan Vegetables</b> or <b>Chicken Nuggets</b> <b>Mashed Potatoes</b> or <b>Caribbean Salad</b> Broccoli Roll Fruit Cup Brownies</p>	<p><b>Hamburger/Cheeseburger</b> <b>Hamburger Garnish</b> or <b>Pizza Choice</b> or <b>Caribbean Salad</b> Oven Fries Carrots Snowball Salad</p>	<p><b>Pulled Pork Sliders</b> or <b>Chicken Parmesan</b> <b>Breadstick</b> or <b>Caribbean Salad</b> Savory Green Beans Garden Salad Chilled Pineapple Krispy Treats</p>
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<p><b>Chicken Fried Steak</b> Gravy Or <b>Meatloaf</b> or <b>Crispy Chicken Salad</b> Mashed Potatoes Okra Roll Strawberries</p>	<p><b>Meat &amp; Cheese Chalupa</b> or <b>Enchiladas</b> Or <b>Crispy Chicken Salad</b> Salsa Zesty Cucumbers Beans Lettuce / Tomato Garnish Rosy Applesauce</p>	<p><b>Chicken Tenders</b> Biscuit Gravy or <b>Hamburger/Cheeseburger</b> Hamburger Garnish or <b>Crispy Chicken Salad</b> Broccoli Sweet Potatoes Mixed Fruit Brownies</p>	<p><b>Chicken Spaghetti</b> <b>Breadstick</b> Or <b>Pizza choice</b> Or <b>Crispy Chicken Salad</b> Garden Salad Carrots Fresh Apple Slices</p>
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**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 14-18  
SquareMeals.org/NSLW





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NEW HOME ISD  
BREAKFAST MENU  
(STUDENTS EAT FREE)

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M	T	W	TH	F
<p><b>French Toast Sausage Or PBJ</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>1</p>	<p><b>Power Breakfast (Biscuit, Gravy, Scrambled Eggs &amp; Bacon) Or Breakfast Parfait</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>2</p>	<p><b>Pancake Wrap /Yogurt Or Breakfast Crackers Cheese S</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>3</p>	<p><b>Biscuit /Sausage Or Cereal Variety Toast</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>4</p>	
<p><b>Pancakes Bacon Or Cereal Variety Toast</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>7</p>	<p><b>Sunrise Sandwich Or Breakfast Strudel Cheese Stick</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>8</p>	<p><b>Chicken-n-Biscuit Or Muffin /Yogurt</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>9</p>	<p><b>Cinnamon Toast Yogurt Or PBJ</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>10</p>	<p><b>Breakfast Burrito Hash Browns Or Breakfast Round</b></p> <p>Fruit Juice Fruit Milk Variety</p> <p>11</p>
<p><b>NO SCHOOL</b></p> <p>14</p>	<p><b>Sausage Kolache Yogurt Or Cereal Variety Toast Fruit Fruit Juice</b></p> <p>15</p>	<p><b>Cheese Omelet Toast Or Breakfast Parfait Cheese Stick Fruit Fruit Juice Milk Variety</b></p> <p>16</p>	<p><b>Waffles/Sausage Or Muffin/Yogurt Fruit Fruit Juice Milk Variety</b></p> <p>17</p>	<p><b>Breakfast Pizza Or Breakfast Crackers Cheese Sticks Fruit Fruit Juice</b></p> <p>18</p>
<p><b>Pancakes Sausage Or Muffin/Yogurt Fruit Fruit Juice Milk Variety</b></p> <p>21</p>	<p><b>Breakfast Burrito Hash Brown Or PBJ Fruit Fruit Juice</b></p> <p>22</p>	<p><b>Power Breakfast (Biscuit, Gravy, Scrambled Egg) Or Cereal Variety Fruit Fruit Juice Milk Variety</b></p> <p>23</p>	<p><b>Sausage Kolache Yogurt Or Cereal Bar/Yogurt Fruit Fruit Juice Milk Variety</b></p> <p>24</p>	<p><b>Morning Griddle Sandwich Or Cereal/Toast Fruit Fruit Juice Milk Variety</b></p> <p>25</p>
<p><b>Waffles/Bacon Or Breakfast Round Yogurt Fruit Fruit Juice Milk Variety</b></p> <p>28</p>	<p><b>Sausage, Egg, and Cheese Biscuit Or Breakfast Strudel Cheese stick Fruit Fruit Juice Milk Variety</b></p> <p>29</p>	<p><b>Breakfast Pizza Or Banana Split Fruit Fruit Juice Milk Variety</b></p> <p>30</p>	<p><b>Cinnamon Rolls Sausage Or PBJ Fruit Juice Fruit Milk Variety</b></p> <p>31</p>	



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# DELILAH THE DAIRY Cow

Delilah the dairy cow loves wildflowers that grow in the field. One day she found a beautiful, glowing daisy that looked so good she had to take a bite. The glowing daisy gave Delilah an invisible shield that protects her bones and body. Delilah makes super milk for kids to enjoy and have healthy, strong bones.



## FUN FACT

Texas dairies produce enough milk to fill the AT&T stadium, home of the DALLAS COWBOYS, 1.5 times!

## WHAT TO KNOW

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

## YOGURT PARFAIT

### Ingredients:

- 3 cups vanilla non fat yogurt
- 1 cup fresh or defrosted frozen strawberries, sliced
- 1 pint fresh raspberries, blueberries, or black berries
- 1 cup granola

### Instructions:

1. Scoop 1/3 cup of vanilla yogurt into the bottom each of 4 tall glasses.
2. Combine sliced strawberries and juice with fresh berries.
3. Alternate layers of fruit, granola, and yogurt until glasses are filled to the top.
4. Serve parfaits immediately to keep granola crunchy. Makes four servings.



DELILAH'S  
FAVORITE  
ACTIVITIES  
Soccer and Reading

## National School Lunch Week is this month!

Look for dairy foods in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch- and they're all produced right here in Texas.



## DAIRY SOURCES

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

Sources of dairy: milk, cheese, yogurt

**POW!**

**SUPER**  
Invisible Shield

## JOKE OF THE MONTH

Q: What do you call a cow that doesn't give milk?

A: a milk dud!



Sources: Texas A&M and Agrilife Extension

