

2019

# SEPTEMBER

**GOOD  
EATS AT**

MAY ISD

**SPECIAL  
ANNOUNCEMENTS**

**Breakfast** K-12  
**Reg Price: 1.75**  
**Reduced: .30**  
**Extra Milk: .50**  
**Extra Juice: .50**  
**Adult Price: 2.25**  
**Milk/Juice offered daily**

**M**

NO SCHOOL

2

**T**
 Oatmeal  
 Toast  
 Fruit  
 Milk/Juice

3

**W**
 Breakfast Burrito  
 Salsa  
 Fruit  
 Milk/Juice

4

**TH**
 Biscuits  
 Gravy  
 Sausage  
 Fruit  
 Milk/juice

5

**F**
 Pancakes  
 Bacon  
 Fruit  
 Milk  
 Juice

6

 Chicken Biscuit  
 Fruit  
 Milk  
 Juice

9

 Breakfast Toast  
 Fruit  
 Milk  
 Juice

10

 Yogurt  
 Toast  
 Fruit  
 Milk/Juice

11

 Waffles  
 Bacon  
 Fruit  
 Milk  
 Juice

12

 Muffins  
 Cheese Sticks  
 Fruit  
 Milk  
 Juice

13

 Oatmeal  
 Toast  
 Fruit  
 Milk  
 Juice

16

 French Toast  
 Sausage  
 Fruit  
 Milk  
 Juice

17

 Breakfast Pizza  
 Fruit  
 Milk  
 Juice

18

 Scrambled Eggs  
 Bacon  
 Toast  
 Fruit  
 Milk/Juice

19

 Cinnamon Rolls  
 Cheese Sticks  
 Fruit  
 Milk  
 Juice

20

 Pancakes on stick  
 Fruit  
 Milk  
 Juice

23

 Morning Rolls  
 Fruit  
 Milk  
 Juice

24

 Breakfast Burrito  
 Salsa  
 Fruit  
 Milk/Juice

25

 Biscuit  
 Gravy  
 Sausage  
 Fruit  
 Milk/Juice

26

 Bagels  
 Cream Cheese  
 Fruit  
 Milk/Juice

27

 Yogurt  
 Toast  
 Fruit  
 Milk  
 Juice

30

**GET  
READY**

**FOR NATIONAL  
SCHOOL LUNCH WEEK**  
**OCTOBER 14-18**  
[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)


 TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER

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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)



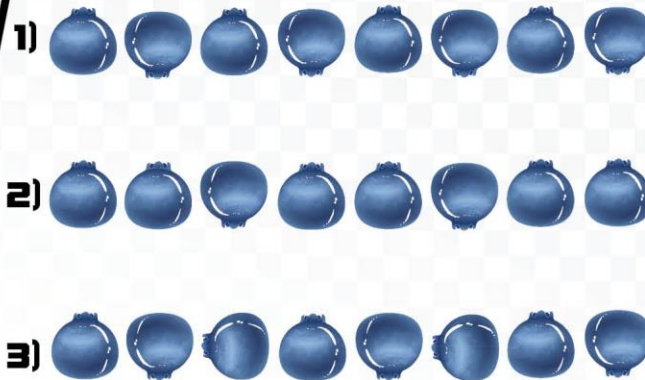
#### Directions:

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.



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

