

2019

# SEPTEMBER

**GOOD  
EATS AT**

MAY ISD

**SPECIAL  
ANNOUNCEMENTS**

**Lunch Menu K-6 Regular**  
**Price: \$2.75 7- 12 Regular**  
**Price: \$3.00 K-12 Reduced**  
**Price: \$0.40 Extra Milk: \$0.50**  
**Extra Juice: \$0.50 Adult**  
**Price: \$3.75 Milk and juice**  
**are offered with each meal.**  
**Menu is subject to change**  
**due to deliveries. Salad**  
**served Daily.**



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER



This product was funded by USDA.  
 This institution is an equal opportunity provider.

**M****NO SCHOOL**

2

**T**

King Ranch Chicken  
 Ranch Beans  
 Rolls  
 Carrots  
 Fruit  
 Milk/Juice

3

**W**

Beef Cheese Burrito  
 Ranch Beans  
 Chili/Cheese  
 Carrots  
 Fruit  
 Milk/Juice

4

**TH**

Fish Sticks  
 Macaroni Cheese  
 French Fries  
 Coleslaw  
 Fruit  
 Milk/Juice

5

**F**

BBQ on bun  
 Broccoli/Carrots  
 Chips  
 Fruit  
 Milk/Juice

6

Chicken Nuggets  
 Potato Wedges  
 Baked Beans  
 Rolls  
 Fruit  
 Milk/Juice

9

Chicken Pot Pie  
 Celery  
 Rolls  
 Fruit  
 Milk/Juice

10

Taco's  
 Refried Beans  
 Spanish Rice  
 Fruit  
 Milk/Juice

11

BBQ Chicken  
 Mashed Potato's  
 Green Beans  
 Rolls  
 Fruit  
 Milk/Juice

12

PBJ & Ham Cheese  
 Sandwiches  
 Chips  
 Broccoli/ Carrots  
 Fruit  
 Milk/Juice

13

Grilled Chicken  
 Subs  
 Chips  
 Pea's  
 Fruit  
 Milk/Juice

16

Pizza  
 Veggie Nuggets  
 Corn  
 Fruit  
 Milk/Juice

17

Chicken Fajita's  
 Refried Beans  
 Spanish Rice  
 Fruit  
 Milk/Juice

18

Shepard's Pie  
 Cooked Carrots  
 Rolls  
 Fruit  
 Milk/Juice

19

Cheese Burgers  
 Chips  
 Baked Beans  
 Broccoli  
 Fruit  
 Milk/Juice

20

Corn Dogs  
 Tater Tots  
 Broccoli/Carrots  
 Fruit  
 Milk/Juice

23

Lasagna  
 Green Beans  
 Garlic Bread  
 Fruit  
 Milk/Juice

24

Frito Pie  
 Peas  
 Celery  
 Fruit  
 Milk/Juice

25

Chicken Strips  
 Mashed Potato  
 Corn  
 Rolls  
 Fruit  
 Milk/Juice

26

Chicken on Bun  
 French Fries  
 Carrots  
 Fruit  
 Milk  
 Juice

27

Steak Fingers  
 French Fries  
 Baked Beans  
 Rolls  
 Fruit  
 Milk/Juice

30

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

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







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)



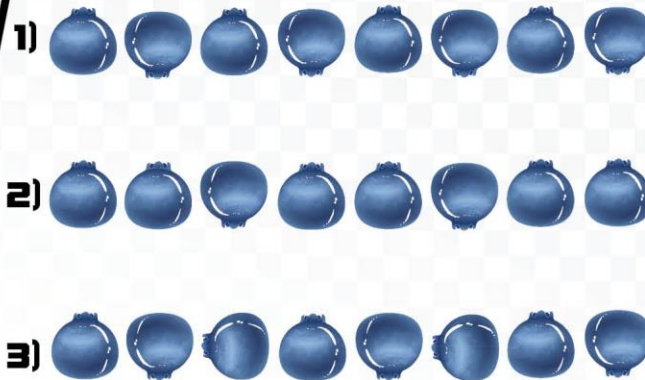
#### Directions:

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

