

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

MAY ISD

**SPECIAL
ANNOUNCEMENTS**

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M

Oatmeal
Toast
Fruit
Milk
Juice

T

Pancakes
Sausage
Fruit
Milk/Juice

W

Breakfast Toast
Fruit
Milk/Juice

TH

Muffins
Cheese Sticks
Fruit
Milk/Juice

F

NO SCHOOL

7

French Toast
Sausage
Fruit
Milk/Juice

8

Breakfast Burrito
Salsa
Fruit
Milk/Juice

9

Yogurt
Toast
Fruit
Milk
Juice

10

Pancake on
Stick
Fruit
Milk/Juice

11

**NATIONAL
SCHOOL
LUNCH WEEK**
OCTOBER 14-18

SquareMeals.org/NSLW

Oatmeal
Toast
Fruit
Milk/Juice

14

Morning Rolls
Fruit
Milk
Juice

15

Waffles
Bacon
Fruit
Milk/Juice

16

Biscuits
Gravy
Sausage
Fruit
Milk/Juice

17

Cinnamon Rolls
Cheese Sticks
Fruit
Milk/Juice

18

Chicken Biscuit
Fruit
Milk
Juice

21

Yogurt
Toast
Fruit
Milk/Juice

22

Breakfast Pizza
Fruit
Milk/Juice

23

Scrambled Eggs
Bacon
Fruit
Milk/Juice

24

Bagels
Cream Cheese
Fruit
Milk/Juice

25

Oatmeal
Toast
Fruit
Milk/Juice

28

Pancake on
Stick
Fruit
Milk/Juice

29

Breakfast Burrito
Salsa
Fruit
Milk/Juice

30

Breakfast Toast
Fruit
Milk
Juice

31



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.

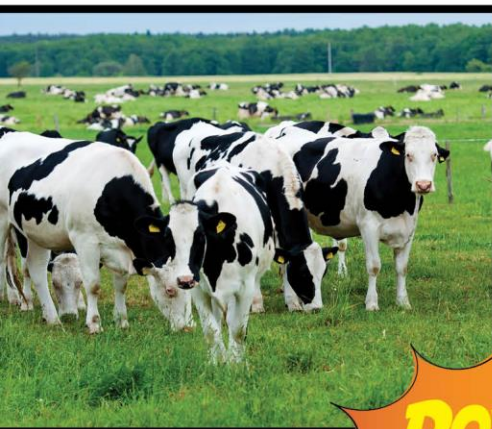


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

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

