

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**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.

M

Spaghetti w/
Meatballs
Green Beans
Garlic Bread
Fruit
Milk/Juice

T

Enchilada's
Ranch beans
Spanish Rice
Fruit
Milk/Juice

W

Grilled Cheese
w/ham
Chips
Cooked Carrots
Fruit
Milk/Juice

TH

BBQ on Bun
French Fries
Baked Beans
Broccoli
Fruit
Milk/Juice

F

NO SCHOOL

7

Chicken Broccoli
Rice Casserole
Carrots/Celery
Rolls
Fruit
Milk/Juice

8

Nacho's
Ranch Beans
Spanish Rice
Fruit
Milk/Juice

9

Ravioli's w/Sauce
Green Beans
Garlic Bread
Fruit
Milk/Juice

10

Hot Dogs
Chili/Cheese
Broccoli
Peas
Fruit
Milk/Juice

11

**NATIONAL
SCHOOL
LUNCH WEEK**

OCTOBER 14-18
SquareMeals.org/NSLW

Ham Cheese Subs
Chips
Mixed vegetables
Fruit
Milk/Juice

14

Fish Sticks
French Fries
Black-eyed Peas
Coleslaw
Fruit
Milk/Juice

15

Chicken Strips
Mashed Potato
Corn
Rolls
Fruit
Milk/Juice

16

Taco Salad
Refried Beans
Spanish Rice
Carrots
Fruit
Milk/Juice

17

Cheese Burger
Tater Tots
Baked Beans
Broccoli
Fruit
Milk/Juice

18

Pizza
Veggie Nuggets
Corn
Fruit
Milk/Juice

21

Steak Fingers
Tater Tots
Mixed Vegetables
Rolls
Fruit
Milk/Juice

22

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

23

Chicken Fried Steak
Mashed Potato
Green Beans
Rolls
Fruit
Milk/Juice

24

Chicken on bun
Chips
Cooked Carrots
Broccoli
Fruit
Milk/Juice

25

Chicken Nuggets
Potato Wedges
Corn
Rolls
Fruit
Milk/Juice

28

Frito Pie
Peas
Celery
Fruit
Milk/Juice

29

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

30

Corn Dogs
French Fries
Baked Beans
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.

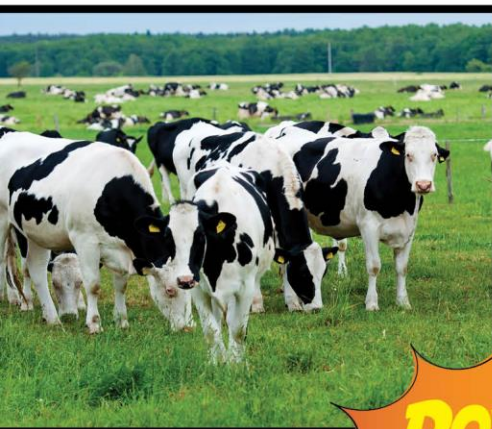


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

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

