

2019

SEPTEMBER



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

	M	T	W	TH	F
NO SCHOOL 2	Sunrise sandwich fruit cereal bar yogurt 3	French toast sausage fruit parfait 4	Breakfast bread yogurt fruit PB&J 5	Breakfast burrito hashbrown fruit cereal 6	
Kolache yogurt fruit muffin yogurt 9	Cheese omelet toast fruit strudel cheese stick 10	Waffles sausage fruit cereal 11	Breakfast pizza fruit breakfast cracker cheese stick 12	Donut sausage fruit breakfast round yogurt 13	
Pancakes sausage fruit cereal 16	Breakfast burrito hashbrowns fruit PB&J 17	Power breakfast fruit parfait 18	Breakfast bread yogurt fruit cereal bar yogurt 19	Breakfast sandwich fruit muffin yogurt 20	
Waffles bacon fruit breakfast round yogurt 23	Cinnamon roll sausage fruit strudel cheese sticks 24	Breakfast pizza fruit muffin yogurt 25	SEC sandwich fruit PB&J 26	Biscuit gravy eggs fruit cereal 27	
NO SCHOOL 30					

GOOD EATS AT

K-12
BREAKFAST
MILK AND
JUICE SERVED
DAILY

SPECIAL ANNOUNCEMENTS

NO SCHOOL SEPTEMBER
2ND AND SEPTEMBER
30TH

GET READY

**FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 14-18**
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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M	T	W	TH	F
NO SCHOOL 2	Spaghetti bowl breadstick salad California veggies fruit cup pudding 3	Boneless wing celery sticks baby carrots cornbread orange smiles brownie 4	Mexican combo corn beans salsa let/tom garnish seasonal fruit 5	popcorn chicken broccoli oven fries peaches 6
Breaded drumstick carrots corn grapes cookie 9	Frito pie veggie cup beans salsa let/tom garnish orange smiles 10	ravioli salad roll pears 11	HB/CB w/garnish oven fries carrots snowball salad 12	chicken parmesan salad breadstick green beans pineapple 13
Corn dog tots baked beans apple/pineapple delight 16	Nachos grande beans salsa let/tom garnish orange smiles 17	chicken sandwich oven fries veggie cup let/tom garnish mandarin oranges 18	Asian bowl egg roll salad fruity jello 19	Pizza choice carrots broccoli salad seasonal fruit brownie 20
Country fried steak gravy mashed potatoes okra roll strawberries 23	Enchiladas salsa zesty cucumbers beans let/tom garnish rosy applesauce 24	chicken tenders biscuit broccoli sweet potato fries mixed fruit crispy treat 25	Pizza choice salad carrots apple slices 26	BBQ on a bun coleslaw green beans orange smiles 27
NO SCHOOL 30	GET READY			

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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:

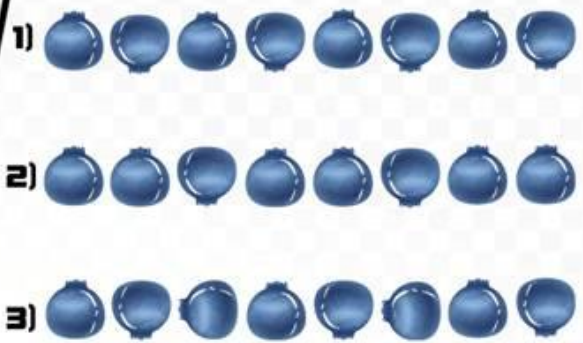
1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add 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.