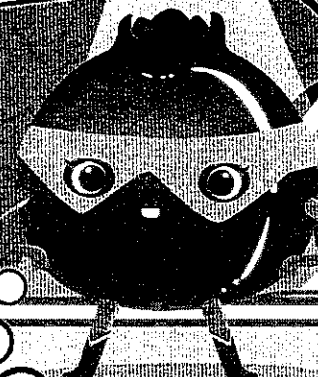


2019

# SEPTEMBER



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

GOOD EATS AT

M	T	W	TH	F
LABOR DAY 2	CEREAL MILK CHEESE STICK APPLE JUICE 3	CORN DOG APPLE SLICES CARROT STICKS GRAPE JUICE 4	PIZZA SQUARES ORANGE SLICES MILK FRUIT JUICE 5	MUFFINS DICED PEARS CHOC MILK ORANGE JUICE 6
MINI CHICKEN TACO PINEAPPLE CRAISANS JUICE 9	DONUTS GRAPES JUICE ORANGE SLICES 10	MUNCHIE SNACK MIX FRUIT CUP FRUIT JUICE 11	HOT DOG MILK APPLE SLICES GRAPE JUICE 12	SAUSAGE KOLACHE PEACHES FRUIT JUICE MILK 13
COOKIES MILK PINEAPPLE JUICE GRAPES 16	YOGURT GRAHAM CRACKERS JUICE CRAISANS 17	PIZZA BITES CARROT STICKS APPLE JUICE MILK 18	CHEESE PUFFS CHOC MILK ORANGE SLICES FRUIT JUICE 19	CHILI CHEESE FRIES GRAPE JUICE MILK CRAISANS 20
POPART MILK PINEAPPLE JUICE FRUIT CUP 23	CHEDDAR CHEESE MUNCHERS PINEAPPLE FRUIT JUICE MILK 24	GRAHAM CRACKERS APPLE SLICES YOGURT MILK 25	MOZZARELLA CHEESE STICKS DICED PEACHES FRUIT JUICE MILK 26	CINNAMON ROLLS GRAPES APPLE JUICE CHOC MILK 27
CHICKEN TAQUITO FRUIT JUICE APPLE SAUCE MILK 30				

After Care Snack Menu

\*\* Consuming raw or undercooked meats, shellfish, poultry or eggs may increase your risk of a foodborne illness.

## SPECIAL ANNOUNCEMENTS

AFTER CARE SNACK MENU !!

This institution is an equal opportunity Provide.

\*\* All meals are subject to change without notice.

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 14-18  
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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



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

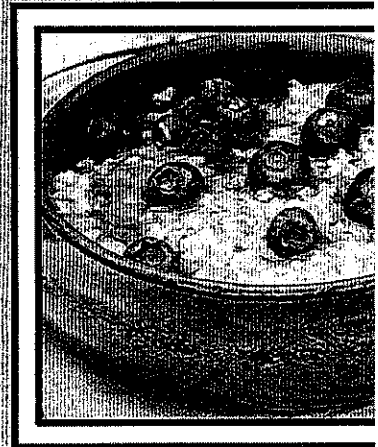
Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack or on top of yogurt or oatmeal to make a delicious breakfast.

**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
- ½ 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.

- 1)
- 2)
- 3)

Answer Key: 1) up 2) down 3) left

### JOKES OF THE MONTH

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