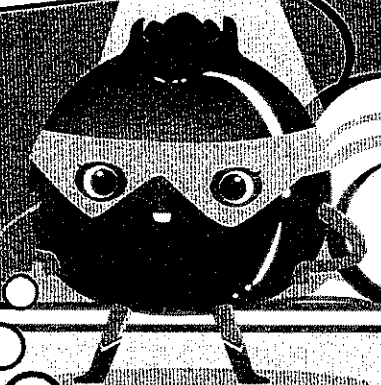


2019

SEPTEMBER



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

GOOD EATS AT

M	T	W	TH	F
LABOR DAY 2	Ham, egg & cheese on an English muffin Cereal/Toast Fruit Cup Yogurt 3	Texas bacon Cheese Toast Diced Peaches Cereal/Toast Tater Tots 4	Pancake on A stick Yogurt Parfait Fresh Fruit Cereal/Toast 5	Grits w/ Cheese Maple Cinnamon Toast Mixed fruit Cereal/Toast 6
Biscuits & Gravy W or WO sausage Hash Browns Cheese stick Cereal/Toast 9	Breakfast Tacos Sausage, Bacon or Egg. Tater Tots Yogurt Cereal/Toast 10	Buttermilk Pancakes Bacon Apple Slices Cereal/Toast 11	Sliced Ham Bagels & Cream Cheese Fruit Cup Cereal/Toast 12	Honey Buns/Asst Muffins Yogurt Parfait Grapes Cereal/Toast 13
French Toast Bacon Strips Potato Stars Cereal/Toast/Fruit 16	Oatmeal w/ Maple cinnamon Toast Sausage Patty Orange Slices Cereal/Toast 17	Sausage Kolache Hash Browns Cheese stick Cereal/Toast Cantaloupe 18	Breakfast Pizza Blueberry Yogurt Mixed Fruit Cereal/Toast 19	Scrambled Eggs Sausage Patty Buttered Biscuit Jalapeno Bites Cereal/Toast/Fruit 20
Waffles Sliced Ham Yogurt Parfait Cereal/Toast/Fruit 23	Breakfast Tacos Sausage, bacon & egg Hash Browns Fruit & Yogurt Parfait Cereal/Toast 24	Egg & Cheese w/ bacon, on English Muffin Choice of muffin Yogurt//cheese Cereal Fruit/toast 25	Cinnamon Rolls Sausage Patty Oatmeal/Toast Fruit cup/Cereal 26	Sausage, Egg & Cheese croissant Potato Stars Fruit/Yogurt/Parfait Cereal/Toast 27
Breakfast Casserole w/ sausage Shredded Hash Browns Toasted Bagel Cereal/toast/fruit 30				

BREAKFAST MENU

** Consuming raw or undercooked Meats, Shellfish, Poultry or eggs may increase your risk of a foodborne illness.

SPECIAL ANNOUNCEMENTS

BREAKFAST MENU

This institution is an equal opportunity Provider.
1% White Milk
FF Chocolate milk & apple or orange juice served
** All meals are subject to change without notice.

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

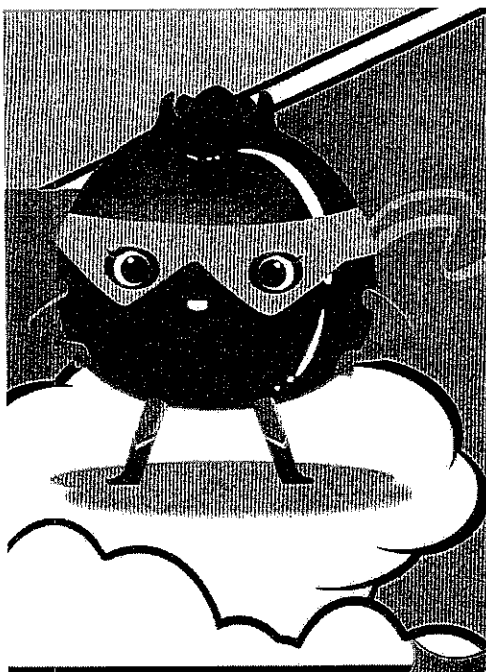
OCTOBER 14-18
SquareMeals.org/NSLW



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

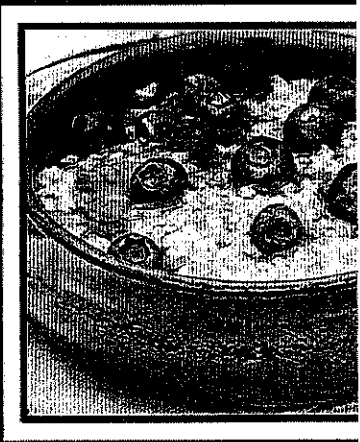
BAKED BERRY OATMEAL

Ingredients:

- 2 cups Old-fashioned rolled oats
- 1 tsp. Baking powder
- 1 tsp. Cinnamon
- ¼ tsp. Salt
- 2 Eggs
- ½ cup Brown sugar
- 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:

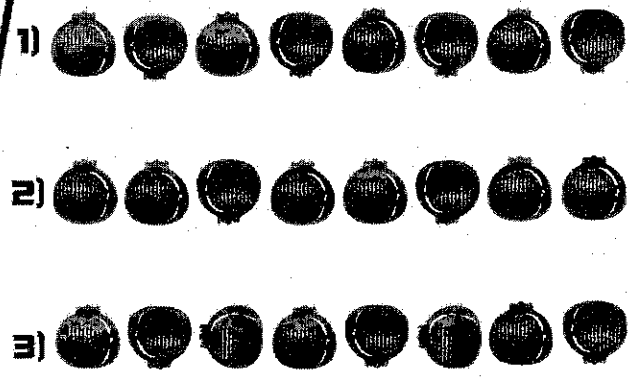
1. Preheat oven to 375° degrees.
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.
3. In a separate bowl, beat the eggs until blended. Stir in brown sugar, vanilla, milk and melted butter.
4. Pour wet ingredients into the dry ingredients and stir until well combined.
5. Add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

BOOK OF THE MONTH

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Blueberries & More
A Book for Kids
1998