

# SEPTEMBER

2018

GOOD EATS AT

Richland Springs ISD

SPECIAL ANNOUNCEMENTS

September 3 Holiday

September 21 Teacher Work day

M	T	W	TH	F
Holiday 3	Cinnamon Roll Chicken Patty Lettuce/Tomato Fries Fruit Milk 4	Yogurt or Cereal Crispy Taco Beans Salad w/tomato Mandarin Oranges Milk 5	Pancake on a stick Southwest Chicken Cass. Corn Salad w/Tomatoes Cheese stick & Fruit Milk 6	Biscuit/w Jelly Chili Baked Potatoes Broccoli & cheese Peaches Milk 7
Breakfast Pizza Calzone Corn Salad Pears Milk 10	Pancake w/syrup Chicken Spaghetti Salad w/tomato Carrots Mixed Fruit Milk 11		Morning Sausage Roll Hot dog w/bun Baked Beans Fries Pineapple Milk 13	Biscuit w/jelly Yogurt or Cereal Tostada Shell Refried Beans Salad w/tomatoes Peaches Milk 14
		Yogurt or Cereal Oven Fried Chicken Mashed Potatoes Squash Peaches Milk 19	Pancake on a Stick Burritos Corn Salad Applesauce Milk 20	Holiday 21
Breakfast Pizza Chicken Chop Suey California Blend Veggies Mandarin Oranges Milk 24	Cinnamon Roll Nachos w/ground beef Ranch beans Salad Pears Milk 25	Yogurt or Cereal Chicken Penne Salad w/tomato Baby Carrots Milk 26	Morning Sausage Roll Corndogs Baked Beans Tomatoes Mixed Fruit Milk 27	Biscuit w/jelly Hamburger Lettuce, Pickle, Tomato Fries Fresh Fruit Milk 28

I'm SPEEDY CUE to the rescue!

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK  
OCTOBER 8-12  
SquareMeals.org/nsiw



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
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Waffles  
Toast  
Stick  
Sausage  
Chicken Taco  
Beans  
Salads  
Mixed Fruit  
Milk



## SPEEDY CUE

Cucumber



Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground with super-cucumber speed. Speedy Cue shared with all the cucumbers the copper, magnesium, potassium, and manganese he collected in the molten burst.

Now all the cucumbers in the world are good sources of these minerals that promote overall good health.

**POW!**

### ARCH ENEMY

Drought. It slows Speedy Cue down and he can't grow as fast.



### CUCUMBER-YOGURT SAUCE

#### Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, seeded, finely chopped
- 1¼ cup Greek yogurt, 2%
- ½ tsp. Salt
- ¼ tsp. Black pepper, ground
- 1 T. Dill weed, fresh, chopped

#### Directions:

1. Combine all ingredients in a bowl and mix well.
2. Portion into 2 ounce serving cups.
3. Serving suggestion: serve cold with chicken pita sandwiches.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and Agrilife Extension

### SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

### FUN FACTS

- Cucumbers are 95 percent water.
- There are 34 calories in a large cucumber.
- Cucumbers belong to the plant family cucurbitaceae, which includes melons, squash and pumpkins.

### HELPING OUT AT HOME!

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.



### MAD LIB! BECOMING PART OF THE SUPER FOOD SQUAD!

Speedy Cue was not always a \_\_\_\_\_  
a adjective/noun  
 who spent his time educating kids about eating their vegetables and dodging evil \_\_\_\_\_.  
plural noun He was once a normal, average \_\_\_\_\_.  
noun He had a \_\_\_\_\_  
adjective life growing up on the farms of East Texas, the Rio Grande Valley and Texas' Winter Garden region.

### JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!