

# AUGUST

2018



I'm  
**PROFESSOR GREEN**

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
Chicken Sausage Croissant <b>OR</b> Cereal and Toast Juice Milk 27	Mini Blueberry Waffles w/Syrup <b>OR</b> Cereal and Toast Juice Milk 28	Bagel w/Strawberry Cream Cheese Filling <b>OR</b> Cereal and Toast Juice Milk 29	Sausage, Biscuit, & Gravy <b>OR</b> Cereal and Toast Juice Milk 30	Breakfast Pizza <b>OR</b> Cereal and Toast Juice Milk 31

## GOOD EATS AT

The Wildcat Café  
Breakfast  
Headstart - PK

## SPECIAL ANNOUNCEMENTS

Students must take at least three (3) of the four (4) items offered but are encouraged to take all four. One (1) of the items chosen must be a fruit.

All juice served are 100% juice. A choice of flavored milk is offered every day.

Menus are subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER  
  
 This product was funded by USDA.  
 This institution is an equal opportunity provider.

## NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

### PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

### FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



### MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.

**PROFESSOR GREEN'S  
FAVORITE  
ACTIVITIES**  
Studying and helping  
kids eat healthy

### ARCH ENEMY Slaw Burglar

### EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



### JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!



**PROFESSOR  
GREEN**



**PROFESSOR  
PURPLE**



**PROFESSOR  
WHITE**