

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 Nuggets w/Garlic Toast BBQ Beef or Pork on a Bun Baked Beans Fruit 27	Beefy Tacos or Chicken Mini Tacos Xtreme Burrito w/White Cheese Sauce Mexicali Corn Fruit 28	Asian Beef Stir-Fry w/Egg Roll Thai Basil Orange Chicken w/Egg Roll Fried Rice Oriental Vegetables Fruit 29	Turkey Pot Roast w/Roll Salisbury Steak w/Roll Mashed Potatoes w/Brown Gravy Mixed Vegetables Fruit 30	Cheesy Pizza or Pizza Quesadilla Hamburger w/Burger Salad Curly Fries Fruit 31

GOOD EATS AT

The Wildcat
Café
Junior High
High School

SPECIAL ANNOUNCEMENTS

All students are offered a complete meal to include the five (5) food groups. Protein, Dairy, Vegetable, Fruit and Grains. Students must choose three (3) of the five (5) to be considered a full meal, but are encourage to take all five (5). One (1) of the items chosen must be a fruit or vegetable.

A choice of milk is offered daily.

Menus are subject to change due to availability.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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