

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

**Secondary
Lunch**

**SPECIAL
ANNOUNCEMENTS**

*A Salad Entree is available as a meal option each day.
*A salad bar is available to choose as a vegetable option.
*A choice of a variety of milk and a water is offered with each meal.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M

T

W

TH

F

Domino's Pizza
Tex-Mex Stack
Chicken Fajitas
Refried Beans and
Salsa Hot
Cinnamon Apples
Sherbet Cup 1

Chicken Alfredo
Or Cheesy
Breadstick with
Marinara Sauce
Or Nacho Grande
Tuscan Vegetable
Peaches & Cookie 2

Ranchero Wrap
Chicken Spaghetti
with Breadstick
Or Chicken
Sandwich
Mixed Vegetables,
Snowball Salad 3

**No School
for Students
and Staff** 4

Enchiladas
Or Crisпитos
With Queso
Cheese Burger
Pinto Beans
Corn, Salsa
Banana Sundaes 7
Hot Apple Crisp

Meatball Sub
Sandwich with
Tater Tots
Or Totchos
Pizza Slice
Strawberries 8

Chicken Nuggets
with Mac N
Cheese
Or Asian Bowl
with Egg Roll and
Rice, or Frito Pie
Fresh Grapes 9

Individual Pizza,
Hot Ham and
Cheese with Cup
of Soup & Chips
Chicken Burger
Seasoned corn
Fruity Gelatin 10

Cheese Burger
Stuffed Baked
Potato with Roll
Fish Burger,
Cinnamon
Applesauce,
Cookie 11

**NATIONAL
SCHOOL
LUNCH WEEK**
OCTOBER 14-18
SquareMeals.org/NSLW

**No School
Student and
Staff Holiday** 14

Domino's Pizza
Crispy Tacos
Or Frito Pie
Spanish rice and
Beans,
Fresh Salsa
Orange Smiles 15

Chicken
Nuggets with
Mashed Potatoes,
Lasagna or
Nacho Grande
Broccoli, Roll,
Fruit Cup and
Cookie 16

Hamburger/
Cheese Burgers
Pizza Slice, or
Chicken Burgers
Oven Fries
Snowball Salad 17

Pulled Pork
Sliders & Chips,
Chicken
Parmesan
Or Fish Burgers
Green Beans,
Pineapple Bits,
Royal Brownies 18

Country Fried
Steak, Maverick
Meatloaf, or
Cheese Burgers
Mashed Potato &
Gravy, Fried Okra
Roll, Rosy
applesauce 21

Meat & Cheese
Chalupas,
Enchiladas, or
Pizza, Spanish
Rice & Refried
Beans Fresh Salsa
Strawberries 22

Chicken Tenders
& Biscuit, Frito
Pie
Or Cheese
Burgers
Broccoli & Cheese
Mixed Fruit
Cookie 23

King Ranch
Casserole
Individual Pizza,
Chicken Burgers
Seasoned Carrots
Fresh Apple Slices 24

Shrimp Poppers
with Mac N
Cheese, BBQ on a
Bun, & Chips, Fish
Burger Coleslaw
Baked Beans
Orange Smiles, 25
Rice-Cereal Treat

Steak Fingers
with a Roll, Hot
Dogs with Chili,
Cheese Burgers,
Oven Fries
Strawberries &
Bananas 28

Domino's Pizza
Spaghetti Bowl
Ravioli Dippers &
Marinara Sauce,
California blend
Vegetables,
Fruit Cup 29

Chicken Wing
Basket & Toast
Texas Chili &
Cornbread
Nacho Grande
Fried Okra
Peaches 30
Rudding Cup

Mexican Combo
Plate, Chicken
Quesadilla or
Chicken Burgers
Spanish Rice,
Corn & Refried
Beans Fresh Sals 31
Diced Peas



DELILAH THE DAIRY

Cow

Delilah the dairy cow loves wildflowers that grow in the field. One day she found a beautiful, glowing daisy that looked so good she had to take a bite. The glowing daisy gave Delilah an invisible shield that protects her bones and body. Delilah makes super milk for kids to enjoy and have healthy, strong bones.



FUN FACT

Texas dairies produce enough milk to fill the AT&T stadium, home of the DALLAS COWBOYS, 1.5 times!

WHAT TO KNOW

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

YOGURT PARFAIT

Ingredients:

- 3 cups vanilla non fat yogurt
- 1 cup fresh or defrosted frozen strawberries, sliced
- 1 pint fresh raspberries, blueberries, or black berries
- 1 cup granola

Instructions:

1. Scoop 1/3 cup of vanilla yogurt into the bottom each of 4 tall glasses.
2. Combine sliced strawberries and juice with fresh berries.
3. Alternate layers of fruit, granola, and yogurt until glasses are filled to the top.
4. Serve parfaits immediately to keep granola crunchy. Makes four servings.

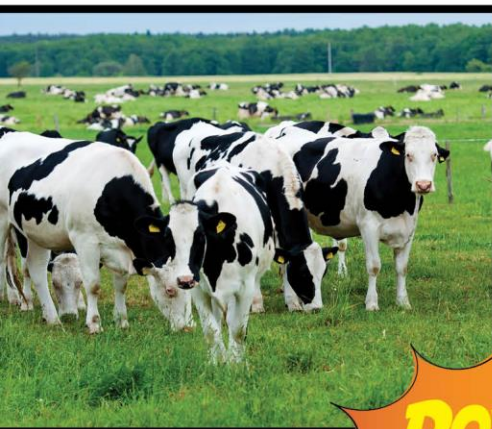


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

DAIRY SOURCES

Dairy products help build strong bones so you can grow up healthy and mooove fast. Three daily servings of dairy products are recommended for school age children.

Sources of dairy: milk, cheese, yogurt



POW!

SUPER
Invisible Shield

JOKE OF THE MONTH

Q: What do you call a cow that doesn't give milk?

A: a milk dud!



Sources: Texas A&M and Agrilife Extension

