

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

**2019**

## LUNCH MENU

**GOOD  
EATS AT**

October is National  
Pizza Month!!!  
October 14-18, 2019  
National School Lunch  
Week (SuperHero Theme)  
October 25, 2019 Ag/  
Dairy Day

## SPECIAL ANNOUNCEMENTS

MONDAY, WEDNESDAY, FRIDAY  
SALADS ARE OFFERED AS A  
SECOND OPTION

TUESDAY & THURSDAY  
DELI DAYS:  
SUBS AND WRAPS ARE  
OFFERED AS A SECOND  
OPTION



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**

CORN DOG  
TATER TOTS  
PINEAPPLE  
FRESH FRUIT  
MILK

1

NACHOS GRANDE  
REFRIED BEANS  
SALSA  
CUCUMBER SLICES  
PEACHES  
FRESH FRUIT  
MILK

2

CRISPY CHICKEN  
SANDWICH  
FRIES  
VEGGIE CUP  
PEARS  
FRESH FRUIT  
MILK

3

CHEESE OR  
PEPPERONI PIZZA  
CORN  
MIXED FRUIT  
FRESH FRUIT  
MILK

4

STEAKFINGER  
BASKET  
FRIES  
CUCMBERS  
STRAWBERRIES  
FRESH FRUIT  
MILK

7

CHEESEBURGER  
CHIPS  
CARROTS  
BURGER GARNISH  
FRESH FRUIT  
MILK

8

CHICKEN  
FAJITAS  
BEANS  
SALSA  
APPLESAUCE  
FRESH FRUIT  
MILK

9

CHEROKEE  
CHICKEN BOWL  
ROLL  
BERRIES  
FRESH FRUIT  
MILK

10

PEPPERONI  
JALAPENO OR  
CHEESE PIZZA  
CARROTS  
PINEAPPLE  
FRESH FRUIT  
MILK

11

KRYPTONITE  
STICKS AND QUESO  
BEANS  
SALSA  
MANDARIN  
ORANGES  
FRESH FRUIT  
MILK

14

DEATHSTAR  
SUBS & VADER  
SAUCE  
ZESTY WEDGES  
VEGGIE CUP  
STRAWBERRIES  
FRESH FRUIT  
MILK

15

SUPERMAN  
NUGGETS  
MAC & CHEESE  
GREEN BEANS  
GRAPES  
FRESH FRUIT  
MILK

16

THOR'S  
HAMMER-BURGER  
CHIPS  
CARROTS  
APPLESAUCE  
FRESH FRUIT  
MILK

17

PETER PARKER  
PIZZA  
CORN  
MIXED FRUIT  
FRESH FRUIT  
MILK

18



21

HOT DOGS  
CORN  
CUCMBERS  
GRAPES  
FRESH FRUIT  
MILK

22

FRITO PIE  
BEANS  
SALSA  
ORANGES  
FRESH FRUIT  
MILK

23

CHICKEN TENDERS  
MASHED  
POTATOES/GRAVY  
ROLL  
PEARS  
FRESH FRUIT  
MILK

24

SAUSAGE OR  
CHEESE PIZZA  
CARROTS  
BERRIE CUPS  
FRESH FRUIT  
MILK

25

MEATLOAF  
MASHED  
POTATOES  
ROLL  
STRAWBERRIES  
FRESH FRUIT  
MILK

28

CHICKEN  
ENCHILADAS  
BEANS  
SALSA  
ZESTY CUCUMBERS  
APPLESAUCE  
FRESH FRUIT  
MILK

29

POPCORN  
CHICKEN  
SAVORY FRIES  
ROLL  
MIXED FRUIT  
FRESH FRUIT  
MILK

30

TEXAS  
CHEESESTEAK  
SANDWICH  
TATER TOTS  
TOMATO CUP  
STRAWBERRY/KIWI  
FRESH FRUIT  
MILK

31

**NATIONAL  
SCHOOL  
LUNCH WEEK**  
**OCTOBER 14-18**

[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)



Food and Nutrition Division | National School Lunch Program and School Breakfast Program



I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019

## BREAKFAST MENU

**GOOD  
EATS AT**

October 23, 2019  
Ag/ Dairy Day

**SPECIAL  
ANNOUNCEMENTS**

**\*\*CEREAL IS ALWAYS OFFERED  
AS A SECOND OPTION AT  
BREAKFAST**

**M**

**BREAKFAST  
STRUDEL  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

1

**T**

**BREAKFAST ON  
A STICK CHEESE  
STICK FRESH  
FRUIT  
JUICE  
MILK**

2

**W**

**SCRAMBLED  
EGGS  
BISCUITS &  
GRAVY  
FRESH FRUIT  
JUICE  
MILK**

3

**TH**

**CINNAMON  
ROLL  
BACON  
FRESH FRUIT  
JUICE  
MILK**

4

**F**

**PANCAKES  
BACON  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

7

**SUNRISE  
SANDWICH  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

8

**BREAKFAST  
PIZZA  
CHEESE STICK  
FRESH FRUIT  
JUICE  
MILK**

9

**APPLE CINNAMON  
OATMEAL  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

10

**CINNAMON  
ROLL  
SAUSAGE  
FRESH FRUIT  
JUICE  
MILK**

11

**NATIONAL  
SCHOOL  
LUNCH WEEK**

**OCTOBER 14-18**

[SquareMeals.org/NSLW](http://SquareMeals.org/NSLW)

**BREAKFAST  
TAQUITO  
SALSA  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

14

**WAFFLES  
SAUSAGE  
CHEESE STICK  
FRESH FRUIT  
JUICE  
MILK**

15

**BREAKFAST  
PIZZA  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

16

**BREAKFAST  
BURRITO  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

17

**CINNAMON  
ROLL  
BACON  
FRESH FRUIT  
JUICE  
MILK**

18



21

**KOLACHE  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

22

**WAFFLES  
BACON  
CHEESE STICK  
FRESH FRUIT  
JUICE  
MILK**

23

**SAUSAGE, EGG,  
CHEESE  
BISCUIT  
FRESH FRUIT  
JUICE  
MILK**

24

**CINNAMON  
ROLL  
SAUSAGE  
FRESH FRUIT  
JUICE  
MILK**

25

**BREAKFAST  
PIZZA  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

28

**SCRAMBLED  
EGGS  
BISCUITS &  
GRAVY  
FRESH FRUIT  
JUICE  
MILK**

29

**POWER  
BREAKFAST  
FRESH FRUIT  
JUICE  
MILK**

30

**KOLACHE  
YOGURT  
FRESH FRUIT  
JUICE  
MILK**

31





# 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.

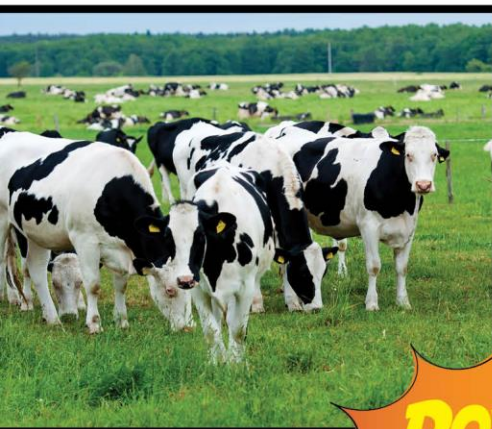


DELILAH'S  
**FAVORITE  
ACTIVITIES**  
Soccer and Reading

## 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

