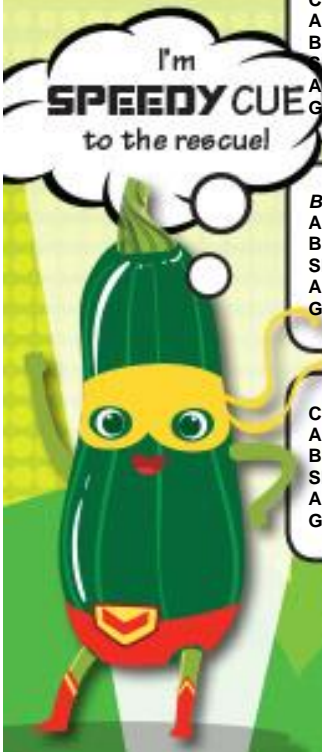


# SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
SCHOOL HOLIDAY 3	Kolache Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 4	Blueberry Pancakes Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 5	Sausage-n-Biscuit w/Jelly & Gravy Assorted Cereals Pop tart Orange Wedges Assorted Juice 6	<b>GRANDPARENTS BREAKFAST</b> Bacon-n-Egg Biscuit Assorted Cereals Buttered Toast Fresh Fruit Cup Assorted Juice Grape Jelly 7
Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 10	Scramble Egg w/Bacon Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 11	Pancake on Stick Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 12	Sausage-n-Biscuit w/Jelly & Gravy Assorted Cereals Pop tart Orange Wedges Assorted Juice 13	Cinnamon Roll Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 14
Bacon-n-Egg Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 17	Kolache Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 18	Mini Maple Waffle Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 19	Sausage-n-Biscuit w/Jelly & Gravy Assorted Cereals Pop tart Orange Wedges Assorted Juice 20	Donut Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 21
Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 24	Scramble Egg w/Bacon Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 25	Breakfast Pizza Assorted Cereals Yogurt Applesauce Assorted Juice 26	Sausage-n-Biscuit w/Jelly & Gravy Assorted Cereals Pop tart Orange Wedges Assorted Juice 27	Cinnamon Roll Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 28



**JOAQUIN ISD RAM CAFÉ**  
Breakfast Menu  
Elementary \$1.75  
Junior High \$1.75  
High School \$1.75  
Adult \$2.25

## SPECIAL ANNOUNCEMENTS

**Grandparents Breakfast**  
**September 7, 2018**  
**7:15 AM – 8:00AM**  
**Adult \$2.25**

Choice of milk everyday:  
White 1% Low Fat or  
Flavored Fat Free.

Menus are subject to change without notice.

**GET READY**

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

## 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.

### SPEEDY CUE'S FAVORITE ACTIVITIES

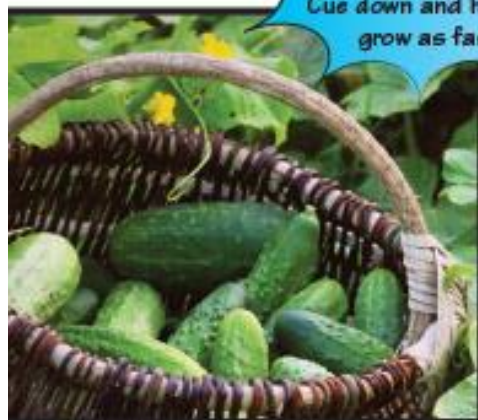
Running and Playing Outside

### 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.



### CUCUMBER-YOGURT SAUCE

#### Ingredients:

- ½ tsp. Garlic, raw, minced
- ½ cup Cucumber, peeled, deseeded, 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



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

Speedy Cue was not always 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!

# SEPTEMBER

2018

GOOD EATS AT

SCHOOL HOLIDAY

3

**Chef Salad**  
Hoagie Melt Basket  
Stuffed Crust Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Sliced Pears

4

**Chef Salad**  
Steak Fingers  
Mashed Potatoes  
w/Gravy  
Sweet Peas  
Whole Grain Roll  
Apple  
Diced Peaches

5

**Chef Salad**  
Big Daddy's Pizza  
Tacos  
Sweet Corn  
Chili Beans  
Salsa, Peppers  
Orange Smile  
Mixed Fruit

6

Chicken or Hamburger  
on Bun  
Sliced Cheese  
Fries  
Broccoli w/Sauce  
Burger Veggies  
Applesauce Cup  
Sidekick Fruit Slush

7

**Chef Salad**  
Chicken Burger Basket  
French Bread Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Pineapple Tidbits

10

**Chef Salad**  
BBQ Sandwich  
Baked Potato w/Cheese  
Glazed Carrots  
Veggie Bar  
w/Ranch Dressing  
Grapes  
Mandarin Oranges

11

**Chef Salad**  
Boneless Chicken Wing  
Mashed Potatoes  
w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Sliced Peach Cup  
Apple

12

**Chef Salad**  
Big Daddy's Pizza  
Asian Glazed Chicken  
Fried Rice  
Buttered Corn  
Pinto Beans  
Orange Wedges  
Mango Chunks

13

Chicken or Hamburger  
on Bun  
Sliced Cheese  
Fries  
Cauliflower w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush

14

**Chef Salad**  
Hoagie Melt Basket  
Stuffed Crust Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Sliced Pears

17

**Chef Salad**  
Corn Dog  
Macaroni & Cheese  
Baked Beans  
Sweet Potatoes  
Veggie Bar w/ Dressing  
Grapes  
Mandarin Oranges

18

**Chef Salad**  
Chicken Tenders  
Mashed Potatoes  
w/Gravy  
Sweet Peas  
Whole Grain Roll  
Apple  
Diced Peaches

19

**Chef Salad**  
Big Daddy's Pizza  
Beef Burrito w/Queso  
Sweet Corn  
Chili Beans  
Salsa, Peppers  
Orange Smile  
Mixed Fruit

20

Chicken or Hamburger  
on Bun  
Sliced Cheese  
Fries  
Broccoli w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush

21

**Chef Salad**  
Chicken Burger Basket  
French Bread Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Pineapple Tidbits

24

**Chef Salad**  
Chicken Spaghetti  
Baby Lima Beans  
Glazed Carrots  
Veggie Bar/ Dressing  
Garlic Toast  
Grapes  
Mandarin Oranges

25

**Chef Salad**  
Chicken Chunk  
Mashed Potatoes  
w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Sliced Peach Cup  
Apple

26

**Chef Salad**  
Big Daddy's Pizza  
Nachos w/Cheese Sauce  
Buttered Corn  
Pinto Beans  
Salsa, Peppers  
Orange Wedges  
Mango Chunks

27

Chicken or Hamburger  
on Bun  
Cheese Slice  
Fries  
Cauliflower w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush

28

JOAQUIN ISD RAM CAFÉ

Lunch Menu

Elementary \$2.50  
Junior High \$2.50  
High School \$2.75  
Adult \$3.50

SPECIAL ANNOUNCEMENTS

Snack Bar

Drinks \$1.00 Chips \$1.00  
Cookies \$.50 Ice Cream \$1.00  
Rice Krispies Treat \$1.00  
Dipping Dots \$2.50

Entrée \$2.00 Side Dishes \$1.00

Must have cash for snack bar.

No Charging Snacks.

Choice of milk everyday:  
White 1% Low Fat or Flavored  
Fat Free. Menus are subject  
to change without notice.

I'm  
**SPEEDY CUE**  
to the rescue!

GET  
READY

FOR NATIONAL  
SCHOOL LUNCH WEEK

OCTOBER 8-12  
SquareMeals.org/nslw



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

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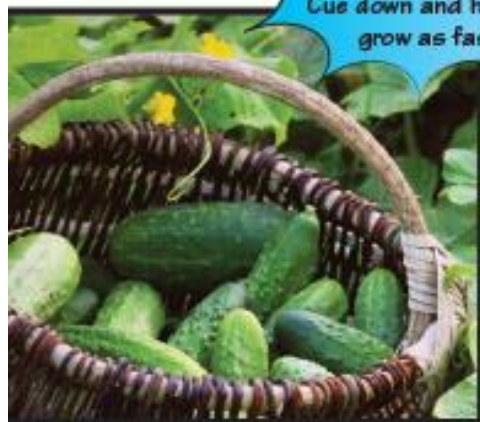
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