

I'm **DELILAH**
THE DAIRY COW

OCTOBER

2019



GOOD EATS AT

BREMOND ISD
Pre-K thru 12

SPECIAL ANNOUNCEMENTS

Menu is subject to change without notice due to availability of product.

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STUDENT HOLIDAY
7

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Corn dog or barbecue on bun,, fries, Ranch beans, sliced cucumbers, fruit, milk 1

BREAKFAST
Sausage roll, fruit, juice, milk
LUNCH
Pizza or hot pocket, Romaine salad, carrots, fruit, milk 2

BREAKFAST
Scrambled eggs, biscuit, fruit, juice, milk
LUNCH
Baked or fried chicken breast, potatoes, green beans, gravy, roll, fruit, 3

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Hamburger or sub, lettuce, tomato, pickles, tater tots, fruit, milk 4

BREAKFAST
Muffin top, fruit, juice, milk
LUNCH
Sloppy Jo or rib sandwich, fries, baked beans, veggie dippers, fruit, milk 8

BREAKFAST
Cinnamon toast, smokies, fruit, juice, milk
LUNCH
Chicken sticks or fish sticks, mac&cheese, carrots, green beans, cornbread, fruit, milk 9

BREAKFAST
Sausage/biscuit, fruit, juice, milk
LUNCH
Chicken Alfredo or Ravioli, broccoli, corn, garlic toast, fruit 10

BREAKFAST
Cinnamon roll, fruit, juice, milk
LUNCH
Steak on a bun or sub, tater tots, lettuce, tomato, pickles, fruit 11

BREAKFAST
Pancake stick, fruit, juice, milk
LUNCH
Sub sandwich or grilled cheese, veggie soup, fries, fruit, milk 14

REAKFAST
Scrambled eggs, biscuit, fruit, juice, milk
LUNCH
Beef/bean burrito or Frito pie, corn, veggie dippers, fruit, milk 15

BREAKFAST
Sausage roll, fruit, juice, milk
LUNCH
Pizza or hot pocket, Romaine salad, carrots, fruit, milk 16

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Chicken nuggets or steakfingers, potatoes, green beans, roll, gravy, fruit, milk 17

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Hamburger or sub, tater tots, lettuce, tomato, pickles, fruit, milk 18

BREAKFAST
Cinnamon toast, smokies, fruit, juice, milk
LUNCH
Beef/cheese or fajita nachos, corn, pinto beans, lettuce & tomato,, fruit 21

BREAKFASAT
Muffin top, fruit, juice, milk
LUNCH
Chili dog or sausage wrap, fries, baked beans, fruit, milk 22

BREAKFAST
Waffle, hashbrown, sausage, juice, milk
LUNCH
Salisbury or oven fried steak, potatoes, blackeye peas, roll, gravy, fruit, milk 23

BREAKFAST
Pancake stick, fruit, juice, milk
LUNCH
Spaghetti or Ravioli, broccoli, carrots, garlic toast, fruit, milk 24

BREAKFAST
Sausage/biscuit, fruit, juice, milk
LUNCH
Chicken on a bun or sub, tater tots, lettuce, tomato, pickles, fruit, milk 25

BREAKFAST
Breakfast pizza, fruit, juice, milk
LUNCH
Corn dog or barbecue on bun, fries, Ranch beans, sliced cucumbers, fruit 28

BREAKFAST
Donut, fruit, juice, milk
LUNCH
Soft beef taco or chicken fajita, corn, pinto beans, lettuce & tomato, fruit, 29

BREAKFAST
Sausage roll, fruit, juice, milk
LUNCH
Baked or fried chicken breast, potatoes, green beans, roll, gravy, fruit 30

BREAKFAST
Scrambled eggs, biscuit, juice, milk
LUNCH
Chicken Alfredo, or Ravioli, carrots, broccoli, garlic toast, fruit, milk 31

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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.

National School Lunch Week is this month!

Look for dairy foods in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch- and they're all produced right here in Texas.

DELILAH'S FAVORITE ACTIVITIES Soccer and Reading

YOGURT PARFAIT

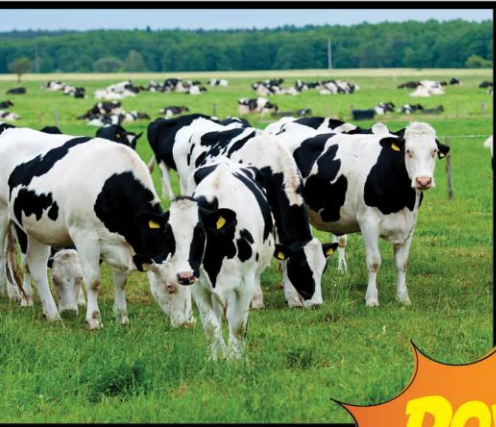
Ingredients:

- 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.



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

