### TDA's September 2019 Menu Calendar

#### 100% Whole Grain
- Products served
- Real Butter and Jelly served with breakfast grains

#### Milk Choices
- Whole, Skim, 1%
- All canned fruit is drained
- All vegetables are steamed

#### Vegetarian Options:
- 09/04, 10, 30 - Cheese Quesadilla
- 09/05, 13, 25 - Veggie Nuggets
- 09/06 - Toasted Cheese
- 09/09, 18 - BBQ Veggie Nuggets
- 09/12 - Garden Burger
- 09/16 - Sweet & Sour Nuggets
- 09/19 - Veggie Spaghetti
- 09/23, 27 - Veggie Taco/Burger
- 09/24 - Veggie Sloppy Joe
- 09/26 - Veggie Balls

#### Special Announcements
- Vegetarian Options:
  - 09/04, 10, 30 - Cheese Quesadilla
  - 09/05, 13, 25 - Veggie Nuggets
  - 09/06-10:30 - Toasted Cheese
  - 09/09 - BBQ Veggie Nuggets
  - 09/12 - Garden Burger
  - 09/16 - Sweet & Sour Nuggets
  - 09/19 - Veggie Spaghetti
  - 09/23, 27 - Veggie Taco/Burger
  - 09/24 - Veggie Sloppy Joe
  - 09/26 - Veggie Balls

#### Good Eats at
- 100% Whole Grain products served
- Real Butter and Jelly served with breakfast grains
- Milk Choices: Whole, Skim, 1%
- All Canned Fruit is drained
- All Vegetables are steamed

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**Bianca Boost Blueberry**

**Closed for Labor Day**

<table>
<thead>
<tr>
<th>M</th>
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</thead>
<tbody>
<tr>
<td>B-Pancake &amp; Turkey Sausage, Baked Apples, Milk</td>
<td>B-Cheerios Cereal, Toast, Banana, Milk</td>
<td>B-Waffle &amp; Turkey Sausage, Baked Apples, Milk</td>
<td>B-Cinnamon Toast, Apple, Milk</td>
<td>B-Biscuit &amp; Turkey Sausage, Apple, Milk</td>
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<tr>
<td>L-BBQ Chicken on Bun, Broccoli raw, Peaches, Milk, S-Cheddar Chex Mix</td>
<td>L-Chicken Fajitas, Pinto Beans, Pineapple, Milk, S-Apple Slices</td>
<td>L-Chicken Nuggets, Corn, Mixed Fruit, Roll, Milk, S-Teddy Cubs</td>
<td>L-Turkey &amp; Cheese Sub, Green Beans, Pears, Milk, S-Strawberries</td>
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<tr>
<td>B-Pancake &amp; Turkey Sausage, Baked Apples, Milk</td>
<td>B-Cheerios Cereal, Toast, Orange, Milk</td>
<td>B-Boiled Egg, Toast, Apple, Milk</td>
<td>B-Cheerios Cereal, Toast, Banana, Milk</td>
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<tr>
<td>L-Chicken Fajita, Black Beans, Pineapple, Milk, S-Cucumber Slices</td>
<td>L-Toasted Cheese, Green Beans, Oranges, Milk, S-Cheese Nips</td>
<td>L-Hamburger, Potato Puffs, Ketchup, Apricots, Milk, S-Cantaloupe</td>
<td>L-Fish Shapes, Sweet Potato Fries, Catsup, Pears, Milk, S-Strawberry Cheeks</td>
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<td>B-Turkey Sausage, Toast, Apples, Milk</td>
<td>B-Cheerios, Toast, Oranges, Milk</td>
<td>B-Cornchex Cereal, Toast, Orange, Milk</td>
<td>B-Biscuit &amp; Sausage, Mango, Milk</td>
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<tr>
<td>L-Sweet &amp; Sour Chicken w/rice, Green Beans, Roll Pineapple, Milk, S-Teddy Cubs</td>
<td>L-Chicken Pizza, Green Salad w/ lite ranch, Peaches, Milk, S-Animal Crackers</td>
<td>L-BBQ Chicken on Bun, Pinto Beans, Mixed Fruit, Milk, S-Cheese Cracker</td>
<td>L-Toasted Cheese, Corn, Mixed Fruit, Milk, S-Yogurt</td>
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<tr>
<td>B-Turkey Sausage, Toast, Apples, Milk</td>
<td>B-Cereal Cornchex, Toast, Apple, Milk</td>
<td>B-Cornchex Cereal, Toast, Banana, Milk</td>
<td>B-French Toast &amp; Turkey Sausage, Baked Apples, Syrup, Milk</td>
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<tr>
<td>L-Beef Soft Taco, Pinto Beans, Mixed Fruit, Milk, S-Cheese Nips</td>
<td>L-Sloppy Joe on Bun, Potato Puffs, Ketchup, Peaches, Milk, S-Hummus, Wheat Crackers</td>
<td>L-Beef Spaghetti, Carrots, Pears, Roll, Milk, S-Cheese Stick, Crackers</td>
<td>L-Toasted Cheese, Corn, Mixed Fruit, Milk, S-Yogurt</td>
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<tr>
<td>B-Toast, Cheese Sticks, Apple-Sauce, Milk</td>
<td>B-Cereal Cornchex, Toast, Apple, Milk</td>
<td>B-Boiled Egg, Toast, Apple, Milk</td>
<td>B-Strawberry Cheesecake, Apple, Milk</td>
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<tr>
<td>L-Chicken Fajitas, Black Beans, Apricots, Milk, S-Yogurt</td>
<td>B-Tost &amp; Egg Omelet, Oranges, Milk</td>
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<tr>
<td>S-Strawberries</td>
<td>L-Fish Shapes, Roll Sweet Potato Fries, Catsup, Pears, Milk, S-Strawberries</td>
<td>B-Cornchex Cereal, Toast, Orange, Milk</td>
<td>B-Pancake &amp; Turkey Sausage, Baked Apples, Milk</td>
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<td>B-Rice Chex Cereal, Toast, Banana, Milk</td>
<td>B-Cornchex Cereal, Toast, Orange, Milk</td>
<td>L-Mealballs w/sauce, steamed Broccoli, Mixed Fruit, Roll, Milk, S-Goldfish</td>
<td>L-Turkey Taco Burger, Green Salad w/ranch, Apricots, Milk, S-Oranges</td>
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<td>S-Yogurt</td>
<td>B-Cornchex Cereal, Toast, Orange, Milk</td>
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<td>B-Pancake &amp; Turkey Sausage, Syrup, Baked Apples, Milk</td>
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<td>B-Cornchex Cereal, Toast, Orange, Milk</td>
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**For National School Lunch Week**

**October 14-18**

SquareMeals.org/NSLW

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**Get Ready**

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**Texas Department of Agriculture**

**Commissioner Sid Miller**

This product was funded by USDA. This institution is an equal opportunity provider.
Bianca Blueberry was born on Healthyville farm in the back corner next to the old electric fence. Her stem got a continuous low-voltage charge for months. The electricity gave her a super charge to activate her antioxidant powers for fighting diseases. She uses her powers to fly to other blueberry bushes and pass on her powerful antioxidants so other blueberries can help people take care of their hearts and stay healthy.

**WHAT TO KNOW**

Blueberries are a full of fiber, vitamin C, and vitamin K. They contain powerful antioxidants called anthocyanins that give them their dark color. Blueberries can be eaten by themselves as a snack, or on top of yogurt or oatmeal to make a delicious breakfast.

**Baked Berry Oatmeal**

**Ingredients:**

- 2 cups Old fashioned rolled oats  
- 1 tsp. Baking powder  
- 1 tsp. Cinnamon  
- ¼ tsp. Salt  
- 2 Eggs  
- ½ cup Brown sugar  
- 1⅛ tsp. Vanilla  
- 2 cups Nonfat or 1% milk  
- 4 tsp. Butter or margarine, melted  
- 2 cups berries, fresh or frozen (blueberries, raspberries, blackberries)  
- ¼ cup Walnuts, chopped (optional)

**Directions:**

1. Preheat oven to 375° degrees.  
2. In a medium bowl, mix together the oats, baking powder, cinnamon, and salt.  
3. In a separate bowl, beat the eggs until blended; Stir in brown sugar, vanilla, milk and melted butter.  
4. Pour wet ingredients into the dry ingredients and stir until well combined.  
5. Add the berries and stir lightly to evenly distribute. Pour mixture into a 2 quart baking dish. Sprinkle with chopped nuts if desired.  
6. Bake for 20-30 minutes or until the top is golden brown.  
7. Refrigerate leftovers within 2 hours.

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**Joke of the Month**

Q: Why don’t blueberries drive?  
A: They always get a flat tire.