

SEPTEMBER



I'm **BIANCA**
"BOOST"
BLUEBERRY

GOOD EATS AT

FOLLETT ISD
LUNCH MENU

SPECIAL ANNOUNCEMENTS

MAKE EACH DAY A
GOOD DAY!!

M	T	W	TH	F
NO SCHOOL 2	PIZZA STICKS CARROT COINS SNOWBALL SALAD MILK 3	CHICKEN NUGGETS POTATOES/GRAVY BROCCOLI FRUIT CUP APPLE CRISP MILK 4	CRISPY TACO GARDEN SALAD PINTO BEANS ORANGE SMILES MILK 5	CHICKEN PARM SAVORY GREEN BEANS BREADSTICK PINEAPPLE CRISPY RICE TREAT MILK 6
COUNTRY FRIED STEAK POTATOES/GRAVY OKRA HOT ROLL STRAWBERRIES MILK 9	MEAT CHALUPAS ZESTY CUCUMBERS PINTO BEANS ROSY APPLESAUCE MILK 10	HAMBURGER SWEET POTATO FRIES BROCCOLI MIXED FRUIT PEACH CRISP MILK 11	CHICKEN SPAGHETTI CARROT COINS BREADSTICK APPLE SLICES MILK 12	FISH STICK MAC & CHEESE COLESLAW ORANGE SMILES CRISPY RICE TREAT MILK 13
STEAK FINGERS POTATO CUBES TOMATO CUP STRAWBERRIES & BANANAS MILK 16	FRENCH BREAD PIZZA GARDEN SALAD MIXED VEGETABLES FRUIT CUP MILK 17	TEXAS CHILI CORNBREAD CARROTS PEACHES PUDDING MILK 18	QUESADILLA SEASONED CORN PINTO BEANS ORANGE SMILES MILK 19	SLOPPY JOE TATOR TOTS MIXED VEGETABLES PEARS CRISPY RICE TREAT MILK 20
OVEN ROASTED CHICKEN SAVORY GREEN BEANS ROLL PINEAPPLE MILK 23	NACHO GRANDE REFRIED BEANS SALAD PEACHES ICE CREAM CUP MILK 24	CHICKEN SANDWICH FRIES VEGGIE CUP MIXED FRUIT MILK 25	ASIAN CHICKEN BROWN RICE BROCCOLI MANDARIN ORANGES MILK 26	PIZZA CARROT COINS GARDEN SALAD BANANA CRISPY RICE TREAT MILK 27
STEAK FINGERS POTATO CUBES CARROT COINS TEXAS TOAST STRAWBERRIES/BANANAS MILK 30				

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK

OCTOBER 14-18
SquareMeals.org/NSLW





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.

BIANCA "BOOST" Blueberry

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.

BIANCA'S
FAVORITE
ACTIVITIES
Bouncing on the
Trampoline

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
- 1½ 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 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.

POWER HIGH FLYING and disease fighting

FINISH THE PATTERN

Look for the pattern and find out which direction the blueberry will face next.

- 1)
- 2)
- 3)

Answer Key: 1) up 2) down 3) left



JOKE OF THE MONTH

Q: Why don't
blueberries drive?

A: They always get
into a traffic jam