

SEPTEMBER



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

GOOD EATS AT

FOLLETT ISD
BREAKFAST
MENU

SPECIAL ANNOUNCEMENTS

BELIEVE YOU CAN AND
YOU WILL!!!!

M	T	W	TH	F
NO SCHOOL 2	PANCAKES SAUSAGE PEACHES JUICE/MILK 3	SCRAMBLED EGGS BACON BISCUIT BANANA JUICE/MILK 4	SAUSAGE KOLACHE YOGURT PINEAPPLE JUICE/MILK 5	MORNING GRIDDLE SANDWICH APPLESAUCE JUICE/MILK 6
CHEESE OMELET SAUSAGE PATTY BISCUIT PEACHES JUICE/MILK 9	FRENCH TOAST STICKS BACON PEARS JUICE/MILK 10	BREAKFAST PIZZA PINEAPPLE JUICE/MILK 11	CINNAMON ROLL SAUSAGE MIXED FRUIT JUICE/MILK 12	SCRAMBLED EGGS BISCUIT/GRAVY APPLESAUCE JUICE/MILK 13
SAUSAGE BISCUIT MIXED FRUIT JUICE/MILK 16	BREAKFAST TACO POTATO CUBES PINEAPPLE JUICE/MILK 17	CHICKEN PATTY FRENCH TOAST PEARS JUICE/MILK 18	STUFFED BAGEL SAUSAGE PEACHES JUICE/MILK 19	DUTCH WAFFLE BACON MANDARIN ORANGES JUICE/MILK 20
BEAKFAST PIZZA PEACHES JUICE/MILK 23	MONTE CRISTO SANDWICH PINEAPPLE JUICE/MILK 24	SCRAMBLED EGGS BACON BISCUIT PEARS JUICE/MILK 25	PANCAKE WRAP YOGURT MIXED FRUIT JUICE/MILK 26	CINNAMON ROLL SAUSAGE APPLESAUCE JUICE/MILK 27
PANCAKES BACON MANDARIN ORANGES JUICE/MILK 30				

GET READY

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



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.

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