

SEPTEMBER

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

GOOD EATS AT

THE EAGLE CAFE

SPECIAL ANNOUNCEMENTS

Breakfast choices include main entrée or cereal w/ yogurt.
Fresh fruit, fruit juice and choice of 1% white, 1% chocolate or non-fat strawberry milk.

M	T	W	TH	F
Labor Day NO SCHOOL 2	Pancakes & Sausage Tacos w/ Charro Beans / Orange Smiles 3	Biscuits / Gravy Scrambled Eggs Boneless Wings Mashed Potatoes Hot Roll / Peaches 4	Sausage Kolache Cheeseburger or Pizza / French Fries / Snowball Salad 5	Breakfast Burrito Stuffed Shells or Chick. Parmesan Breadsticks / Salad 6
Breakfast Pizza Enchiladas or Burrito / Ranch Style Beans / Corn / Orange Smiles 9	Best Breakfast Sandwich Ever Country Fried Steak & Gravy / Potatoes Hot Roll 10	Waffles / Bacon Chicken Spaghetti or Pizza / Salad / Carrot Coins / Apple Slices 11	Cinnamon Rolls Sausage Chicken Strips w Biscuits & Gravy Sweet Potato Fries 12	Egg & Bacon Biscuit Fish Sticks w/ Mac & Cheese OR BBQ on a Bun 13
Sausage Biscuit Spaghetti & Meatballs or French Bread Pizza / Salad 16	Cheese Omelet Hash Brown / Toast Cheeseburger or Hot Dog / Fries Applesauce 17	Chick n Waffle Chicken Noodle Soup w Grilled Cheese / Fresh Veggies / Peaches 18	Cherry Frudel w Cheese Stick Popcorn Chicken Potatoes / Gravy Green Beans / Roll 19	NO SCHOOL 20
Early Bird Sandwich Roasted Chicken Potatoes / Green Beans / Roll 23	Monte Cristo Nachos Grande Charro Beans / Veggie Cup Ice Cream 24	Biscuit & Gravy Egg & Bacon Chicken Sandwich or Burrito / Fries / Fruity Gelatin 25	Pancake Wrap Asian Chicken Bowl w/ Rice Eggroll / Orange Smiles 26	Cinnamon Roll Sausage Pizza or Fiesta Bowl / Salad Grapes / Cookie 27
Pancakes / Bacon Steakfingers / fries / Hot Roll Peaches 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)



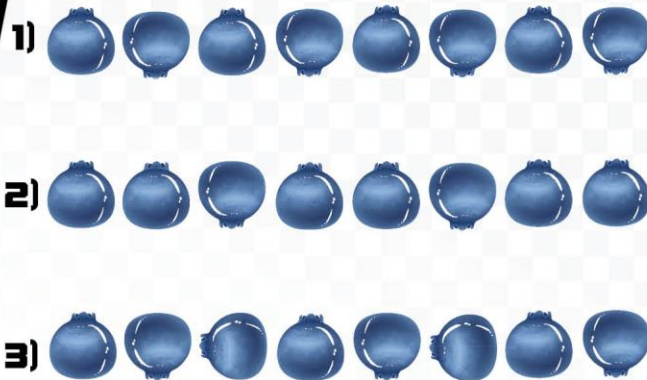
Directions:

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.



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!