

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019



GOOD EATS AT

SNACK MENU--HS

SPECIAL ANNOUNCEMENTS

M

½ Banana
1 Tbsp Peanut Butter

1

T

¼ c Gold Fish
4 oz Milk

2

W

½ c Diced Pineapple
½ c Greek Yogurt

3

TH

NO SCHOOL

F

4 Wheat Crackers
½ oz Cheese

7

1 Tbsp Peanut Butter
2 (.5 oz) Graham Crackers

8

½ Banana
½ c Yogurt

9

½ c Carrot Sticks w/ Ranch
1 oz String Cheese

10

.5 oz Animal Crackers
4 oz Milk

11

½ Soft Pretzel
4 oz Milk

14

.5 oz Graham Crackers
½ c Yogurt

15

1 Tbsp
½ c Fresh Apple Slices

16

.5 oz Wheat Crackers
1 sl Ham

17

½ Whole Grain Muffin
4 oz Milk

18

½ c Applesauce
¼ c Gold Fish

21

1 pk Teddy Grahams
½ c Pears

22

1 Boiled Egg
4 Wheat Crackers

23

1 Whole Grain Muffin
½ c Mandarin Oranges

24

½ c Yogurt
1 oz Granola

25

1 sl Ham
4 Wheat Thins

28

½ Soft Pretzel
1 Wild Watermelon Applesauce Cup

29

1 String Cheese
½ c Diced Peaches

30

½ c Yogurt
½ c Chex Cereal

31

NATIONAL SCHOOL LUNCH WEEK

OCTOBER 14-18
SquareMeals.org/NSLW



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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

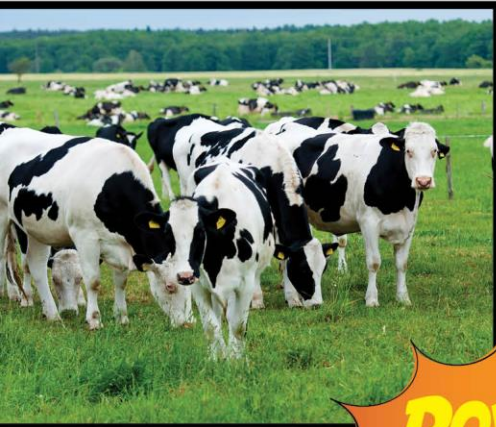
Ingredients:

- 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

