

I'm **DELILAH**  
THE DAIRY COW

# OCTOBER

2019



**GOOD EATS AT**

Lunch  
Menu-HS

**SPECIAL ANNOUNCEMENTS**

**M**

**T**

**W**

**TH**

**F**

6 oz Milk  
1 Soft Taco  
¼ c Black Beans  
¼ c Diced Peaches 1

6 oz Milk  
3/8 c Beef Goulash  
¼ c Carrots  
¼ c Strawberries  
½ WW Roll 2

6 oz Milk  
10 Popcorn Chicken  
¼ c Sweet Potato Fries  
¼ Broccoli  
¼ c Mango  
½ slc WW Bread 3

NO SCHOOL

4

6 oz Milk  
Pulled Pork Slider  
¼ c Coleslaw  
¼ c Cinnamon Apples 7

6 oz Milk  
1 ½ oz Grilled Chicken Patty  
¼ Green Beans  
¼ Brown Rice  
¼ c Strawberries  
½ sl WW Bread 8

6 oz Milk  
¾ c Beef Spaghetti  
¼ c Broccoli/Cheese  
1 WW Roll  
¼ c Pears 9

6 oz Milk  
½ Chicken Enchilada  
¼ c Refried Beans  
¼ c Tossed Salad  
¼ c Pineapple Cubes 10

6 oz Milk  
4 Steak Fingers  
¼ c Mashed Potatoes  
1 Tbsp Gravy  
¼ c Apricots  
¼ slc Texas Toast 11

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

6 oz Milk  
1 Chicken Quesadilla  
¼ c Spanish Rice  
¼ c Diced Tomatoes  
¼ c Peaches 14

6 oz Milk  
½ Sloppy Joe  
1/8 c Black Beans  
¼ c Carrot Sticks  
¼ c Diced Pineapple 15

6 oz Milk  
6 Ravioli Pies  
¼ c Corn  
¼ c Mangos  
½ Slc Garlic Toast 16

6 oz Milk  
½ c Chicken Stir Fry  
¼ c Brown Rice  
¼ Apricots  
½ WW Dinner Roll 17

6 oz Milk  
1 slc Cheese Pizza  
¼ c Tossed Salad  
¼ c Pears 18

6 oz Milk  
1.5 oz Sliced Ham  
¼ c Macaroni Cheese  
¼ c Snap Peas  
¼ c Mixed Fruit  
½ WW Dinner Roll 21

6 oz Milk  
3 Chicken Nuggets  
¼ c Sweet Potato Fries  
¼ c Tossed Salad  
¼ c Kiwi  
½ WW Dinner Roll 22

6 oz Milk  
1 ½ oz Hamburger  
1 oz WW Bun  
1 Leaf Lettuce  
1 Sliced Tomato  
¼ c Tater Tots  
¼ c Pineapples Tidbits 23

6 oz Milk  
1 pc Lasagna  
¼ c Peas & Carrots  
¼ c Apricots  
½ WW Dinner Roll 24

6 oz Milk  
1 Bean & Cheese Burrito  
1/8 c Lettuce & Tomato Salad  
¼ c Fresh Apple Slices 25

6 oz Milk  
4 oz Beef & Bean Chili  
1 pc Corn Muffin  
¼ c Squash  
¼ c Pears 28

6 oz Milk  
½ Chicken Fajitas  
1/8 c Refried Beans  
¼ c Shredded Lettuce  
¼ c Mixed Fruit 29

6 oz Milk  
1 Breaded Pork Patty  
¼ c Mashed Potatoes  
2 Gravy  
¼ c Broccoli  
¼ c Tropical Fruit  
½ sl WW Bread 30

6 oz Milk  
2.9 oz Meatloaf  
¼ c Green Beans  
¼ c Apricots  
½ WW Dinner Roll 31



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

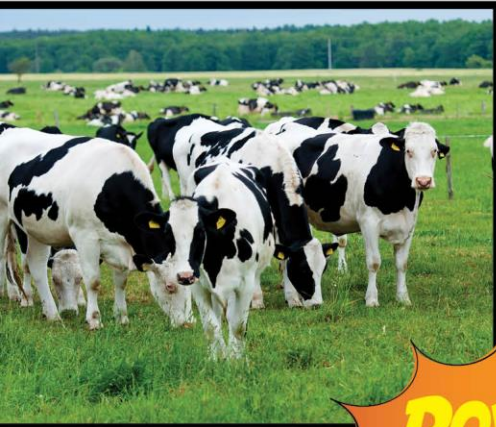
### Ingredients:

- 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

