

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019



**GOOD EATS AT**

**SPECIAL ANNOUNCEMENTS**

**M**

**T**

**W**

**TH**

**F**

Pancakes  
Bacon ,  
Milk juice fruit  
Cereal 1

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 2

Breakfast Burrito  
Hash brown milk  
juice fruit  
Breakfast Parfait 3

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 4

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 7

Pancakes Bacon ,  
Milk juice fruit  
Breakfast Parfait 8

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 9

Breakfast Burrito  
Hash brown milk  
juice fruit  
Breakfast Parfait 10

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 11

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

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 14

Pancakes Bacon ,  
Milk juice fruit  
Breakfast Parfait 15

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 16

Breakfast Burrito  
Hash brown milk  
juice fruit  
Breakfast Parfait 17

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 18

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 21

Pancakes Bacon ,  
Milk juice fruit  
Breakfast Parfait 22

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 23

Breakfast Burrito  
Hash brown milk  
juice fruit  
Breakfast Parfait 24

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 25

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 28

Pancakes Bacon ,  
Milk juice fruit  
Breakfast Parfait 29

Biscuit  
Scrambled eggs  
Bacon , Gravy  
Milk juice fruit  
Cereal 30

Breakfast Burrito  
Hash brown milk  
juice fruit  
Breakfast Parfait 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

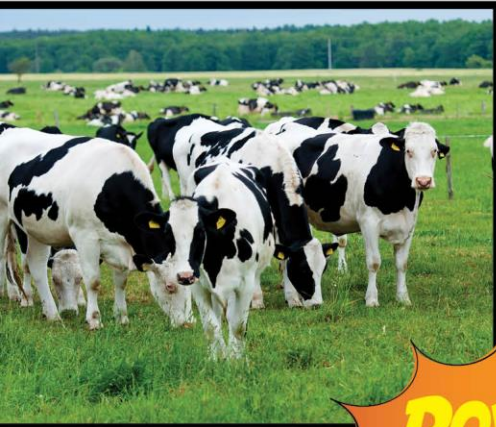
### Ingredients:

- 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

