

I'm **DELILAH**
THE DAIRY COW

OCTOBER

2019



GOOD EATS AT

Milk is served everyday
Juice

SPECIAL ANNOUNCEMENTS

M

Enchiladas
Beans corn
Salsa
Seasonal fruit
dessert 7

T

Chicken fajitas
Beans carrots
salsa lettuce &
tomato apples
Sherbet cup 1

W

Cheesy breadsticks
Green beans
Garden salad
Marinara sauce
peaches
dessert 2

TH

Ranchero Wrap
Cucumber &
tomato cup
Snowball salad 3

F

Hamburger
Hamburger Garnish
Oven fries
Zesty cucumbers
Strawberries 4

Chili cheese
combo
Tomato &
cucumber
Strawberries 8

Fish
Mac and cheese
Savory green beans
Garden salad
Grapes 9

Pizza
Tomato cup
Corn
Mixed fruit 10

Hamburger
Hamburger Garnish
cucumbers slices
carrots
Applesauce
Dessert 11

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

Breaded
Drumstick Biscuit
Sweet Potatoes
Corn
grapes 14

Crispy taco
Tomato &
Cucumber
Beans salsa
Lettuce & tomato
orange smiles 15

Chicken nuggets
Mashed potatoes
Broccoli
Roll
Fruit
dessert 16

Chicken parmesan
Breadstick
Savory green beans
Garden salad
Pineapple
dessert 17

Hamburger
Hamburger Garnish
Oven fries
Carrots
Snowball salad 18

Country fried steak
Gravy okra
Mashed potato
Roll
strawberries 21

Meat & cheese
Chalupas
beans salsa
Zesty cucumbers
Lettuce & tomato
applesauce 22

BBQ on bun
Coleslaw
Savory green beans
Orange smiles
Dessert 23

Chicken spaghetti
Breadsticks
Garden salad
Carrots
Fresh apple slices 24

Hamburger
Hamburger Garnish
Broccoli
Sweet potatoes
Mixed fruit
dessert 25

Steak fingers
Gravy roll
Potatoes
Tomato cup
Strawberries and
bananas 28

Pizza Baked Pasta
Breadstick
Garden salad
Green Beans
Fruit 29

Boneless chicken
wings
Celery sticks
Carrots
Peaches
pudding 30

Quesadilla
Corn beans
salsa
Seasonal fruit 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

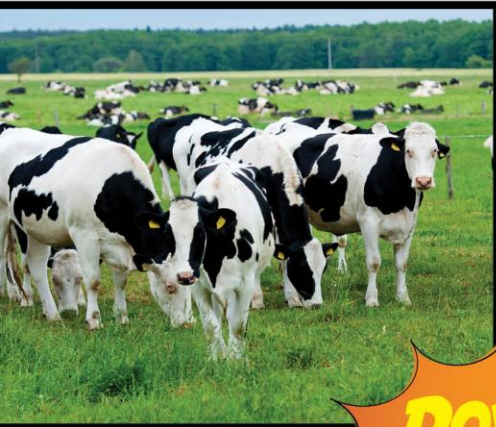
Ingredients:

- 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

