

SEPTEMBER

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

M	T	W	TH	F
Labor Day No School 2	WAFFLES SAUSAGE FRESH FRUIT JUICE MILK VARIETY 3	PBJ FRESH FRUIT JUICE MILK VARIETY 4	Egg, Cheese, & Sausage TORNADO FRESH FRUIT JUICE MILK VARIETY 5	POPTART OR MUFFIN ANIMAL CRACKERS FRESH FRUIT JUICE MILK VARIETY 6
FRENCH TOAST STICKS FRESH FRUIT JUICE MILK VARIETY 9	BREAKFAST PIZZA FRESH FRUIT JUICE MILK VARIETY 10	PBJ FRESH FRUIT JUICE MILK VARIETY 11	BREAKFAST LOAF CHEESESTICK FRESH FRUIT JUICE MILK VARIETY 12	PANCAKE WRAP FRESH FRUIT JUICE MILK VARIETY 13
APPLE OR CHERRY FRUDEL FRESH FRUIT JUICE MILK VARIETY 16	Egg, Cheese, & Sausage TORNADO FRESH FRUIT JUICE MILK VARIETY 17	PBJ FRESH FRUIT JUICE MILK VARIETY 18	BEAN & CHEESE BURRITO FRESH FRUIT JUICE MILK VARIETY 19	WAFFLES OR SAUSAGE ROLL FRESH FRUIT JUICE MILK VARIETY 20
CHICKEN & BISCUIT FRESH FRUIT JUICE MILK VARIETY 23	BREAKFAST PIZZA FRESH FRUIT JUICE MILK VARIETY 24	PBJ FRESH FRUIT JUICE MILK VARIETY 25	FRUIT FILLED PANCAKE BOWL FRESH FRUIT JUICE MILK VARIETY 26	FRENCH TOAST STICKS FRESH FRUIT JUICE MILK VARIETY 27
WAFFLES SAUSAGE FRESH FRUIT JUICE MILK VARIETY 30				

GOOD EATS AT

SANDERSON
SCHOOL
CAFETERIA

CEREAL BOWLS
SERVED DAILY.

SPECIAL ANNOUNCEMENTS

HOMECOMING SPIRIT
WEEK SEPT. 16-20

CELEBRATE NATIONAL
PANCAKE DAY ON
SEPTEMBER 26th!

**GET
READY**

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.





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)



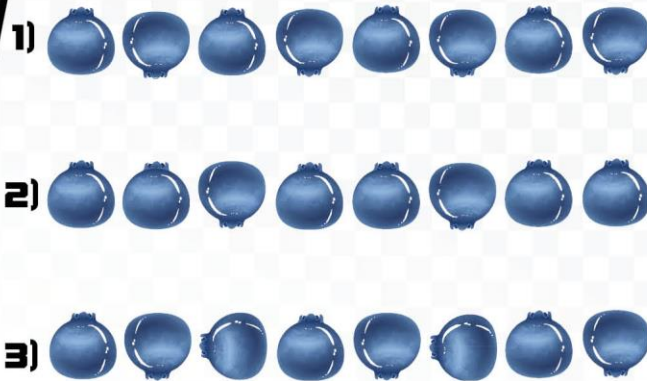
Directions:

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!