

# SEPTEMBER



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

**GOOD EATS AT**

BREMOND ISD  
PRE-K thru 12

**SPECIAL ANNOUNCEMENTS**

Menu is subject to change without notice due to availability of product.

M	T	W	TH	F
SCHOOL HOLIDAY 2	<b>BREAKFAST</b> Muffin top, fruit, juice, milk <b>LUNCH</b> Corn dog or barbecue on bun, fries, Ranch, beans, veggie dippers 3	<b>BREAKFAST</b> Pancake stick, fruit, juice, milk <b>LUNCH</b> Soft beef taco or chicken fajita, corn, pinto beans, lettuce & tomato, fruit, milk 4	<b>BREAKFAST</b> Sausage/biscuit, fruit, juice, milk <b>LUNCH</b> Baked or fried chicken breast, potatoes, green beans, roll, gravy, fruit, milk 5	<b>BREAKFAST</b> Breakfast pizza, fruit, juice, milk <b>LUNCH</b> Hamburger or sub, tator tots, lettuce, tomato, pickles, fruit 6
<b>BREAKFAST</b> Donut, fruit, juice, milk <b>LUNCH</b> Sloppy Jo or rib sub, fries, baked beans, sliced cucumbers, fruit, milk 9	<b>BREAKFAST</b> Sausage roll, fruit, juice, milk <b>LUNCH</b> Tamales or taquitos, pinto beans, corn, fruit, milk 10	<b>BREAKFAST</b> Scrambled eggs, biscuit, fruit, juice, milk <b>LUNCH</b> Fish sticks or chicken sticks, mac & cheese, green beans, cornbread, fruit, milk 11	<b>BREAKFAST</b> Cinnamon toast, smokies, fruit, juice, milk <b>LUNCH</b> Chicken Alfredo, broccoli, carrots, garlic toast, fruit, milk 12	<b>BREAKFAST</b> Waffle, sausage, hash brown, juice, milk <b>LUNCH</b> Steak on a bun or sub, tater tots, lettuce, tomato, pickles, fruit, milk 13
<b>BREAKFAST</b> Pancake stick, fruit, juice, milk <b>LUNCH</b> Sub sandwich or grilled cheese, veggie soup, fries, fruit 16	<b>BREAKFAST</b> Sausage/biscuit, fruit, juice, milk <b>LUNCH</b> Beef/bean burrito or frito pie, corn, veggie dippers, fruit, milk 17	<b>BREAKFAST</b> Cinnamon roll, fruit, juice, milk <b>LUNCH</b> Pizza or hot pocket, Romaine salad, carrots, fruit, milk 18	<b>BREAKFAST</b> Sausage roll, fruit, juice, milk <b>LUNCH</b> Chicken nuggets or steak fingers, potatoes, green beans, roll, gravy, fruit, milk 19	<b>BREAKFAST</b> Breakfast pizza, fruit, juice, milk <b>LUNCH</b> Hamburger or sub, tater, tots, lettuce, tomatoes, pickles, fruit, milk 20
<b>BREAKFAST</b> Muffin top, fruit, juice, milk <b>LUNCH</b> Beef/cheese or fajita nachos, corn, pinto beans, lettuce & tomato, fruit, milk 23	<b>BREAKFAST</b> Scrambled eggs, biscuit, fruit, juice, milk <b>LUNCH</b> Chili dog or sausage wrap, fries, Ranch beans, veggie dippers, fruit, milk 24	<b>BREAKFAST</b> Cinnamon toast, smokes, fruit, juice, milk <b>LUNCH</b> Spaghetti or Ravioli, broccoli, carrots, garlic toast, fruit, milk 25	<b>BREAKFAST</b> Sausage/biscuit, fruit, juice, milk <b>LUNCH</b> Salisbury or oven fried steak, potatoes, blackeye peas, roll, gravy, fruit, milk 26	<b>BREAKFAST</b> Waffle, hashbrown, sausage, juice,, milk <b>LUNCH</b> Chicken on a bun, or sub, tator tots, lettuce, tomato, pickles, fruit, milk 27
<b>BREAKFAST</b> Pancake stick, fruit, juice, milk <b>LUNCH</b> Soft beef taco or chicken fajita, corn, pinto beans, lettuce & tomato, fruit, milk 30				

**GET READY**

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







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)



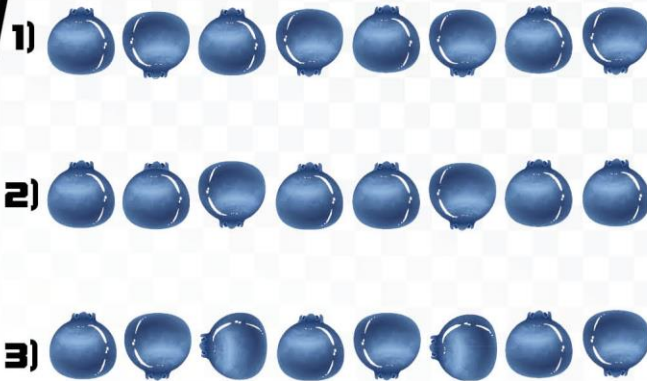
#### Directions:

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!