

I'm  
**DELILAH**  
THE DAIRY COW

# OCTOBER

2019



## GOOD EATS AT

Santa Anna ISD  
Menu Subject to change without Notice.  
Daily Breakfast :PK-12  
Have a choice of milk. are offered, choice of 100 % fruit juice & fruit as well as Cereal & graham cracker or toast

## SPECIAL ANNOUNCEMENTS

Daily Lunch: PK given 1% white Milk. K-12 offered choice of Milk .High School is offered addition Fresh fruit and 100% fruit Juice

This Institution is Equal Opportunity provider



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
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**M**

Burrito | Beans |  
Corn | Salsa  
Fresh Orange |  
Cake  
Oatmeal &  
Cinnamon Toast 7

**T**

Chicken Alfredo |  
Tuscan vegetables |  
Garden salad |  
Marinara Sauce |  
Peaches  
BRK Pizza 1

**W**

Pot Luck  
BRK Burrito  
hash Brown 2

**TH**

Corn Dog |  
Baked beans |  
Fresh Veggie Cup |  
Snowball salad  
Oatmeal &  
Cinnamon Toast 3

**F**

Cheese Burger  
Oven fries | Zesty  
Cucumbers |  
Strawberry  
Donut hole &  
Sausage Link 4

Chili Cheese  
Combo | Fresh  
Veggie Cup |  
Strawberries  
Pancakes & Bacon 8

Meat Balls Sub |  
Baked Chips |  
Corn | Tomato  
Cup  
Fruity Jell-O Cup  
BRK Sandwich 9

Fish Sticks | Mac  
& Cheese | Savory  
Green Beans |  
Garden Salad |  
Fruit  
BRK Burrito/Hbr 10

Corn Dog | Oven  
fries | Cucumber  
Dipper | Fresh  
Orange | Cookie  
BRK pizza 11

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

School Holiday !!!  
14

Tacos | Spanish  
Rice (HS) | Beans |  
Salsa | Fresh  
veggie cup | Fruit  
Sausage Roll &  
Yogurt 15

Breaded Drumstick  
Biscuit | Carrot  
Sticks | Corn |  
Fruit  
Cheese Omelet &  
Toast 16

BBQ Ribs | Tater  
Tots | Garden  
Salad | Chilled  
Pineapple Dessert  
Waffles &  
Sausage 17

Cheese Burger  
Chips | Salad |  
Cucumber Dipper  
Fresh Orange |  
Brownie  
Muffin & Sausage 18

Chicken Tender |  
Biscuit | Gravy |  
Broccoli Bites |  
Oven Fries | Fruit  
Dessert  
BRK Pizza 21

Pizza | Garden  
Salad | Carrot  
Sticks | Fresh  
Apple Slices  
BRK Combo 22

Chicken Fried  
Steak | Gravy |  
Biscuit | Mashed  
Potatoes | Okra |  
Roll | Strawberries  
Stuff bagel/  
sausage 23

Nachos | Spanish  
Rice (HS) | Salsa |  
Beans | Zesty  
Cucumber | Rosy  
Applesauce  
Dutch Waffle &  
bacon 24

BBQ on Bun |  
Coleslaw | Chips |  
Green Beans |  
Fresh Orange |  
Dessert  
Sausage &  
Biscuit 25

Crispy Chicken  
Sandwich | Fresh  
veggie | Oven  
fries | Pears |  
Dessert  
Pancake on  
Stick 28

Texas Chili |  
Cornbread |  
Celery sticks |  
Carrot sticks |  
Peaches |  
pudding  
Power BRK 29

Beef Spaghetti |  
Bread Stick |  
Garden salad |  
California Blend  
Veggies | Fruit  
BRK Pizza 30

Quesadilla |  
Spanish Rice (HS)  
Corn | Beans |  
Salsa | Fresh fruit  
Muffin &  
Sausage Link 31





# 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.

## 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.



DELILAH'S  
FAVORITE  
ACTIVITIES  
Soccer and Reading

## 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.



## 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

