

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

**EAST
TEXAS
FOOD
BANK**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

1

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

2

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

3

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

4

Comida 6
Wow mantequilla con gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

7

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

8

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

9

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

10

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

11

**NATIONAL
SCHOOL
LUNCH WEEK**
OCTOBER 14-18

SquareMeals.org/NSLW

Comida 6
Wow mantequilla con gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

14

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

15

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

16

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

17

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

18

Comida 6
Wow mantequilla con gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

21

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

22

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

23

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

24

Comida 10
Queso Mozzarella
Palo de carne
Taza de salsa
Frituras de maíz
Granos de girasol
Jugo
Leche

25

Comida 6
Wow mantequilla con gelatina
Galletas Honey Graham
Cheez-its
Duraznos
Jugo
Leche

28

Comida 7
BBQ Chicken Cup
Galletas
Cookies educativas
Naranjas Mandarinas
Granos de girasol
Jugo
Leche

29

Comida 8
Queso suizo
Palo de carne
Frituras de maíz
Disparate
Granos de girasol
Jugo
Leche

30

Comida 9
Copa de tocino y queso
Palitos de pretzels
Galletas
Disparate
Granos de girasol
Jugo
Leche

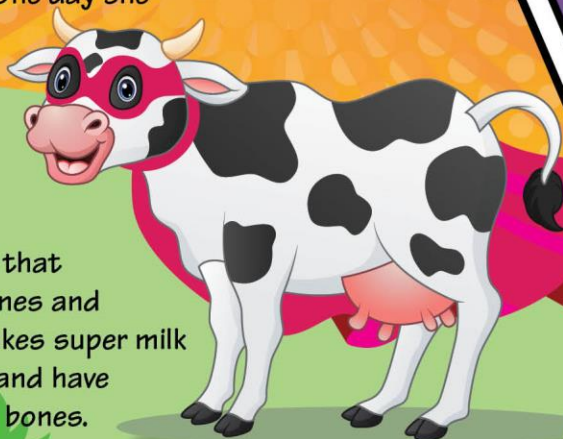
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DELILAH THE DAIRY

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.

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.

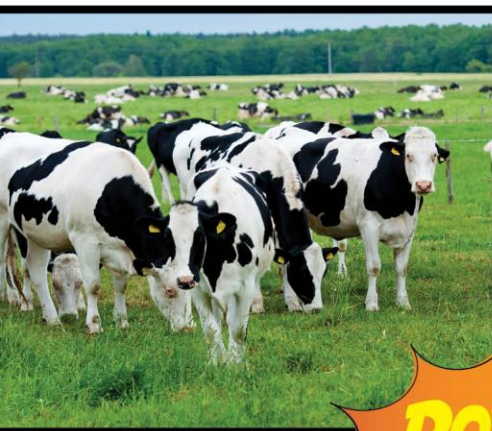


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

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

