

I'm
DELILAH
THE DAIRY COW

OCTOBER

2019

**GOOD
EATS AT**

**EAST
TEXAS
FOOD
BANK**

**SPECIAL
ANNOUNCEMENTS**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

M

Cheez-its

Fruit Juice

T

Pretzels

Grape Juice

W

Honey Graham
Crackers
Apple Juice

TH

Pretzels

Grape Juice

F

7

Cheez-its

Fruit Juice

Pretzels

Grape Juice

8

Honey Graham
Crackers
Apple Juice

9

Cheez-its

Orange
Tangerine-Juice

10

Pretzels

Grape Juice

11

14

Cheez-its

Fruit Juice

Pretzels

Grape Juice

15

Honey Graham
Crackers
Apple Juice

16

Cheez-its

Orange
Tangerine-Juice

17

Pretzels

Grape Juice

18

21

Cheez-its

Fruit Juice

Pretzels

Grape Juice

22

Honey Graham
Crackers
Apple Juice

23

Cheez-its

Orange
Tangerine-Juice

24

Pretzels

Grape Juice

25

28

Cheez-its

Fruit Juice

Pretzels

Grape Juice

29

Honey Graham
Crackers
Apple Juice

30

Cheez-its

Orange
Tangerine-Juice

31

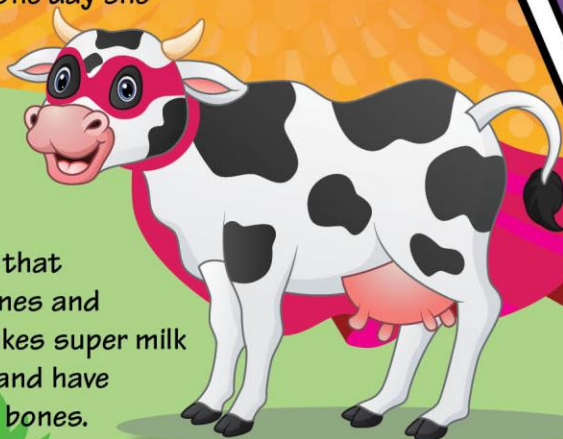


**NATIONAL
SCHOOL
LUNCH WEEK**
OCTOBER 14-18
SquareMeals.org/NSLW

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.

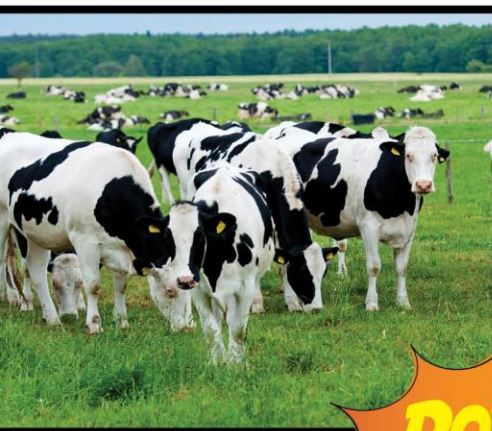


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

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

