

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.

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Cheez-its

Zumo de frutas 1

Pretzels

Jugo de uva 2

Galletas Honey
Graham
Jugo de manzana 3

Pretzels

Jugo de uva 4

Cheez-its
Zumo de frutas 7

Pretzels

Jugo de uva 8

Galletas Honey
Graham
Jugo de
manzana 9

Cheez-its
Zumo de naranja
y mandarina 10

Pretzels

Jugo de uva 11

Cheez-its

Zumo de frutas 14

Pretzels

Jugo de uva 15

Galletas Honey
Graham
Jugo de
manzana 16

Cheez-its
Zumo de naranja
y mandarina 17

Pretzels

Jugo de uva 18

Cheez-its

Zumo de frutas 21

Pretzels

Jugo de uva 22

Galletas Honey
Graham
Jugo de
manzana 23

Cheez-its
Zumo de naranja
y mandarina 24

Pretzels

Jugo de uva 25

Cheez-its

Zumo de frutas 28

Pretzels

Jugo de uva 29

Galletas Honey
Graham
Jugo de
manzana 30

Cheez-its
Zumo de naranja
y mandarina 31

**NATIONAL
SCHOOL
LUNCH WEEK**

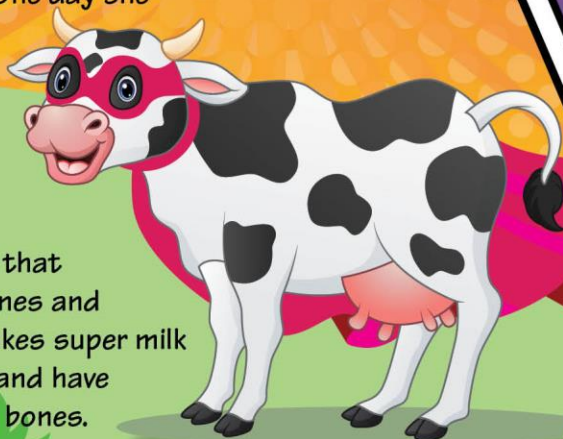
OCTOBER 14-18
SquareMeals.org/NSLW



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.

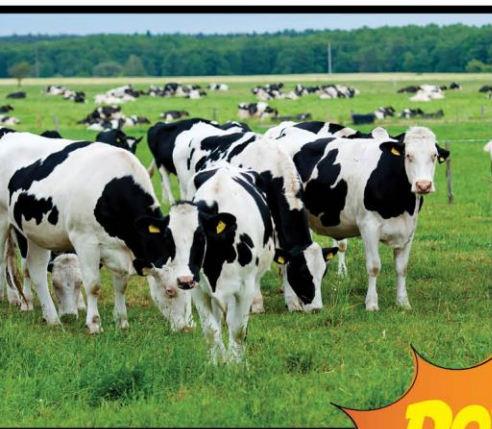


DELILAH'S
**FAVORITE
ACTIVITIES**
Soccer and Reading

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

