

HMS Menu

SEPTEMBER

2018

GOOD EATS AT

M	T	W	TH	F
Holiday 3	<u>Chicken Biscuit</u> Cheeseburger w/Chips Or Poppy Seed Chicken <u>Lettuce Tomato Salad</u> Green Beans <u>Celebration Cookie</u> Pizza: Hamburger 4	<u>Sausage Biscuit</u> <u>*Chicken Nuggets</u> Or Meatloaf <u>Loaded Potatoes</u> <u>Carrots w/ Ranch</u> Fresh Roll 5	<u>Pancake Mins</u> <u>*Spicy Chicken</u> Or Pan Pizza <u>*Broccoli w/Cheese</u> Seasoned Corn <u>Fat Cat Brownie</u> Pizza: Pan 6	<u>Cinnamon Roll</u> Hot Dog on Bun Or Baked *BBQ Chicken <u>Baked Beans</u> <u>Creamy Coleslaw</u> <u>Pizza: Buffalo Chicken</u> 7
<u>Sausage Biscuit</u> Beef Nachos Or Cheese Quesadilla <u>Lettuce and Tomato</u> <u>Spicy Salsa</u> <u>Refried Beans</u> <u>Mexican Pizza</u> 10	<u>Pancake Pup</u> Tator Tot Casserole Or Pan Pizza <u>Orange Glazed Carrots</u> Caesar Salad <u>Cinnamon Roll</u> Pizza: Pan 11	<u>French Toast Mini</u> Ravioli w/Roll Or <u>*Chicken Tenders</u> <u>Seasoned Corn</u> Green Beans <u>Garden Salad</u> 12	<u>Chicken Biscuit</u> Corn Dog Or Ham/Cheese Melt <u>*Veggies w/ Dip</u> <u>Waffle Fries</u> <u>Chocolate Chortles</u> Pizza: Hamburger 13	<u>Pizza Bagel</u> Manager's Choice Or <u>*Chicken Sandwich</u> <u>*Lettuce/Tomato/Pickle</u> <u>*Sweet Potato Puffs</u> <u>Pizza: Stuffed Crust</u> <u>Orange Sherbet</u> 14
<u>Sausage Biscuit</u> <u>*Chicken Philly</u> Or <u>*Country Fried Steak</u> <u>Mashed Potatoes</u> <u>Baked Beans, Roll</u> <u>Pizza: Three Cheese Boat</u> <u>Garden Salad</u> 17	<u>Mini Cini</u> <u>*Chicken Nuggets</u> Or Fish/Cheese Sandwich <u>Green Beans</u> <u>Yellow Rice</u> <u>*Veggies w/ Dip</u> 18	<u>Chicken Biscuit</u> <u>Pan Pizza</u> Or Beef Nuggets w/Roll <u>*Spinach Salad</u> <u>*Broccoli w/Cheese</u> <u>Apple Crisp</u> 19	<u>Chocolate Crescent</u> Taco Salad Or Chili Crisptos <u>Pinto Beans</u> <u>*Lettuce and Tomato</u> <u>Spicy Salsa</u> Pizza: Buffalo Pizza! 20	<u>Glazed Donuts</u> Macaroni/Cheese/Smokies Or <u>Chicken Tenders</u> <u>Collard Greens</u> <u>Kale Salad</u> <u>Black-eyed Peas</u> <u>Cornbread Muffin</u> 21
<u>Chicken Biscuit</u> <u>*Chicken Alfredo</u> Or <u>Stuffed Crust Pizza</u> Lima Beans <u>*Baked Carrots</u> <u>Carnival M&M Cookie</u> <u>Pizza: Stuffed Crust</u> 24	<u>Steak Biscuit</u> Beef Nachos w/ Salsa Or <u>*Chicken Fajita Wrap</u> <u>*Lettuce and Tomato</u> <u>Black Turtle Beans</u> <u>Cinnamon Apples</u> 25	<u>Apple Fruite!</u> Chili Cheese Fries Or <u>*Chicken Tenders</u> Fresh Roll <u>*Kale Salad</u> <u>Seasoned Corn</u> 26	<u>Sausage Biscuit</u> <u>Pan Pizza</u> Or <u>Cuban Sandwich</u> <u>Confetti Spaghetti/Salad</u> <u>Green Beans</u> <u>*Sweet Potato Fries</u> 27	<u>Pancake Pup</u> Teacher's Choice Or Cheeseburger <u>Lettuce/Tomato Salad</u> <u>Waffle Fries</u> <u>Celebration Ice Cup</u> <u>Pizza: Buffalo Chicken</u> 28

Daily Additional Choice

HMS Salad Bar
Sandwich Box Meal
Choice Fresh Fruit, canned and/or frozen.

Breakfast

Breakfast in the Classroom
Cereal Bars, WG Donuts,
Pop tarts - Daily
One Hot Choice Offered Daily

SPECIAL ANNOUNCEMENTS

shake it up
IN SCHOOL NUTRITION

**Contains Georgia Grown
***Pizza Line Option Highlighted**

Third Line: Salad Bar

This Institution is an equal opportunity provider

new Cuban Sandwich

GET READY

FOR NATIONAL
SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw



SPEEDY CUE

Cucumber



Cucumbers are fast growers. They only need about 50 days to go from a little shoot to a delicious, ready to eat cucumber. Speedy Cue was already fast and one day in April a burst of energy from the earth's molten core hit Speedy Cue's vine when he was a baby. It gave him the power to move underground with super-cucumber speed. Speedy Cue shared with all the cucumbers the copper, magnesium, potassium, and manganese he collected in the molten burst. Now all the cucumbers in the world are good sources of these minerals that promote overall good health.

POW!
ARCH ENEMY
 Drought. It slows Speedy Cue down and he can't grow as fast.



JOKE OF THE MONTH

Q: Where do cucumbers go for a date?

A: The salad bar!

SPEEDY CUE'S FAVORITE ACTIVITIES

Running and Playing Outside

FUN FACTS

- Cucumbers are 95 percent water.
- There are 34 calories in a large cucumber.
- Cucumbers belong to the plant family cucurbitaceae, which includes melons, squash and pumpkins.

HELPING OUT AT HOME!

Ask your parents if you can help them in the kitchen by cleaning up after dinner or helping them cook a meal. You can even volunteer to wash vegetables, dress the salad and set the table.



CUCUMBER-YOGURT SAUCE

Ingredients:
 ½ tsp. Garlic, raw, minced
 ½ cup Cucumber, peeled, deseeded, finely chopped
 1¼ cup Greek yogurt, 2%
 ½ tsp. Salt
 ¼ tsp. Black pepper, ground
 1 T. Dill weed, fresh, chopped

Directions:

1. Combine all ingredients in a bowl and mix well.
2. Portion into 2 ounce serving cups.
3. Serving suggestion: serve cold with chicken pita sandwiches.
4. Hold for cold service at 40°F or lower.

Sources: Texas A&M and AgLife Extension



MAD LIB! BECOMING PART OF THE SUPER FOOD SQUAD!

Speedy Cue was not always a _____ adjective/noun who spent his time educating kids about eating their vegetables and dodging evil _____. He was once a _____ plural noun normal, average _____. He had a _____ noun life growing up on the farms of East Texas, the Rio Grande Valley and Texas' Winter Garden region.