



AUGUST

2018

M
I'm
PROFESSOR GREEN

GOOD EATS AT

JOAQUIN ISD RAM CAFÉ
Breakfast Menu
Elementary \$1.75
Junior High \$1.75
High School \$1.75
Adult \$2.25

SPECIAL ANNOUNCEMENTS

Choice of milk everyday:
White 1% Low Fat or
Flavored Fat Free.

Menus are subject to
change without notice.

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
<i>Bacon-n-Egg Biscuit</i> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 20	<i>Kolache</i> Assorted Cereals Cheese Toast <i>Mandarin Oranges</i> Assorted Juice 21	<i>Blueberry Pancakes</i> Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 22	<i>Sausage-n-Biscuit</i> w/Jelly & Gravy Assorted Cereals Pop tart <i>Orange Wedges</i> Assorted Juice 23	Donut Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 24
Chicken-n-Biscuit Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 27	Hot Pocket Assorted Cereals Cheese Toast <i>Mandarin Oranges</i> Assorted Juice 28	<i>Pancake on Stick</i> Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 29	<i>Sausage-n-Biscuit</i> w/Jelly & Gravy Assorted Cereals Pop tart <i>Orange Wedges</i> Assorted Juice 30	<i>Cinnamon Roll</i> Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 31



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M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
Chef Salad Hoagie Melt Basket Stuffed Crust Pizza Green Beans Veggie Bar w/Ranch Dressing Strawberries Sliced Pears 20	Chef Salad Popcorn Chicken Macaroni & Cheese Baked Beans Sweet Potatoes Veggie Bar w/Ranch Dressing Grapes Mandarin Oranges 21	Chef Salad Steak Fingers Mashed Potatoes w/Gravy Sweet Peas Whole Grain Roll Applesauce Diced Peaches 22	Chef Salad Big Daddy's Pizza Tacos Sweet Corn Chili Beans Salsa, Peppers Orange Smile Mixed Fruit Fruit Jell-O Cup 23	Chicken or Hamburger on Bun Sliced Cheese Fries Broccoli w/Sauce Burger Veggies Applesauce Cup Sidekick Fruit Slush 24
Chef Salad Hoagie Melt Basket French Bread Pizza Green Beans Veggie Bar w/Ranch Dressing Strawberries Pineapple Tidbits 27	Chef Salad BBQ Sandwich Baked Potato w/Cheese Glazed Carrots Veggie Bar w/Ranch Dressing Grapes Mandarin Oranges 28	Chef Salad Breaded Chicken Legs Mashed Potatoes w/Gravy Mix Vegetables Whole Grain Roll Sliced Peach Cup Applesauce 29	Chef Salad Big Daddy's Pizza Asian Glazed Chicken Fried Rice Buttered Corn Pinto Beans Orange Wedges Mango Chunks Fortune Cookie 30	Chicken or Hamburger on Bun Sliced Cheese Fries Cauliflower w/Sauce Burger Veggies Applesauce Cup Fruit Slush 31

GOOD EATS AT

JOAQUIN ISD RAM CAFÉ
 Lunch Menu
 Elementary \$2.50
 Junior High \$2.50
 High School \$2.75
 Adult \$3.50

SPECIAL ANNOUNCEMENTS

Snack Bar
 Drinks \$1.00 Chips \$1.00
 Cookies \$.50 Ice Cream \$1.00
 Rice Krispies Treat \$1.00
 Dipping Dots \$2.50
 Entrée \$2.00 Side Dishes \$1.00

Must have cash for snack bar.
No Charging Snacks.

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 White 1% Low Fat or Flavored
 Fat Free. Menus are subject
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NEWS ALERT!

Twelve super tasty heroes have been discovered living in Healthyville, Texas. Each month we will learn about the super powers each one has grown to have. Having taken root in the town's gardens, kitchens, farmers markets and groceries, these mild-mannered vegetables use dirt, water, & sunlight to transform into powerful fighters for nutrition, strength and power. Kapow!!!

PROFESSOR GREEN Cabbage



Professor Green was just a little sprout wilting in the sun in a Healthyville garden. A full solar eclipse passed overhead giving him the shade he needed that day and a special sun particle landed on his head. That particle gave the tiny cabbage a brain and he became Professor Green. The professor used his knowledge to teach all the cabbages how to use the vitamin K they have in abundance to assist blood cells in healing when human skin gets a cut. Professor Green also taught the cabbages how to grow a head from just the leaves left behind when a head is harvested.

PROFESSOR GREEN'S
FAVORITE
ACTIVITIES
Studying and helping
kids eat healthy

FUN FACTS

Cabbage is a cole crop. It grows in cool seasons like broccoli, cauliflower and Brussels sprouts. Cabbage is one of the easiest crops to grow. It does the best in full sunlight and sandy soils. There are several different varieties such as Golden Acre, Market Prize and Green Boy.



POW!
ARCH ENEMY
Slaw Burglar

MATCHING

I have several members on my cabbage team—Professor White, Professor Green and Professor Purple. You can see we are named for the color of our leaves. Can you help each of my team members find their correct color? Draw a line across to match the name to the picture.



PROFESSOR
GREEN



PROFESSOR
PURPLE



PROFESSOR
WHITE

EXERCISE WHILE YOU PLAY!

When you are outside playing with your friends at home or at school, pick an object that you all can race to and see who can get there first. Play the best 2 out of 3 games and see who wins.



JOKE OF THE MONTH

Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!