



AUGUST

2018

GOOD EATS AT

HENDERSON ISD

SPECIAL ANNOUNCEMENTS

BREAKFAST IS SERVED AT NO CHARGE TO ALL STUDENTS PK-5TH GRADE. JOIN US FROM 7:00 AM-7:45 AM



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

I'm PROFESSOR GREEN

WELCOME BACK TO SCHOOL!!!

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16 CHEESEBURGER POTATO SMILES BURGER SALAD BAKED BEANS RAISELS MILK	17 POPCORN CHICKEN OR CHICKEN FRIED STEAK GREEN BEANS STEAMED CORN ORANGE SLICES COOKIE MILK
20 BBQ OR CHICKEN SANDWICH SEASONED FRIES BAKED BEANS WATERMELON CUPS MILK	21 BEEF OR CHICKEN CRUNCHY TACOS REFRIED BEANS LETTUCE/TOMATO BABY CARROTS W/ DIP BLUEBERRIES W/ TOPPING MILK	22 POPCORN CHICKEN MASHED POTATOES CHEESY BROCCOLI STRAWBERRIES HOMEMADE ROLL MILK	23 PEPPERONI PIZZA CHEESY BITES- NEW MARINARA SAUCE COOKED CARROTS GREEN BEANS TEXAS WATERMELON MILK	24 CHEESEBURGER OR CORNDOG POTATO SMILES BURGER SALAD PEACHES MILK
27 CHILI CHEESE HOTDOG OR FRITO PIE FRESH BROCCOLI W/ DIP SEASONED FRIES BLUEBERRIES W/ TOPPING MILK	28 BEEF OR CHICKEN CHEESY NACHOS HOMEMADE SALSA PINTO BEANS GARDEN SALAD PEACHES MILK	29 POPCORN CHICKEN MASHED POTATOES GREEN BEANS TEXAS WATERMELON HOMEMADE ROLL MILK	30 CHEESEBURGER POTATO SMILES BURGER SALAD BAKED BEANS RIPS MILK	31 PEPPERONI PIZZA OR CHEESY BITES STEAMED CORN GREEN PEAS MARINARA SAUCE STRAWBERRIES MILK

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!