AUGUST 2018

ANN WINDLE AND GONZALEZ

de

I'm PROFESSOR GREEN

WELCOME BACK!

SPECIAL ANNOUNCEMENTS

M	T	W	TH	F
		1	**2**	**3**
6	**7**	**8**	**9**	**10**
13	**14**	Mini Cinnamon Bagels Homestyle Chicken Tenders Green Beans Seasonal Fresh Fruit **15**	Cheese Omelet/Muffin Cheese Pizza Steamed Corn Apple Slices **16**	Breakfast on a Stick Cheeseburger Sliders Oven Baked Fries Seasonal Fresh Fruit **17**
Cold Cereal/Cinnamon Toast Tangerine Chicken Asian Rice Mixed Vegetables Chilled Pineapple **20**	WW Bagel w/margarine Breaded Steak Fingers Mashed Potatoes/Gravy Sugar Snap Peas Strawberry Fruit Cup **21**	French Toast Sticks Mega Minis Fresh Baby Carrots Seasonal Fresh Fruit **22**	Mini Sausage Bites Hamburger/Cheeseburger Steamed Corn Mixed Greens Salad Apple Slices **23**	Yogurt/Blueberry Muffin Pancakes w/Sausage Hashbrown Rounds Seasonal Fresh Fruit **24**
Cold Cereal/Cinnamon Toast Macaroni and Cheese Steamed Broccoli Mandarin Oranges **27**	Breakfast Bosco Stick (Egg, bacon, cheese) Cheese Pizza Steamed Corn Strawberry Fruit Cup **28**	Mini Maple Waffles Stuffed Mozzarella Sticks Marinara Dipping Cup Italian Blend Vegetables Seasonal Fresh Fruit **29**	Breakfast Pizza Frito Chili Pie Ranch Style Beans Salsa Cup Apple Slices **30**	Biscuit w/Sausage Patty Chicken Drumstick Mashed Potatoes/Gravy Seasonal Fresh Fruit **31**

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.
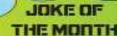
POW!
ARCH ENEMY
Slaw Burglar

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.

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.
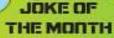
JOKE OF THE MONTH
Q: What is a taxi driver's favorite kind of vegetable?

A: A Cab-bage!

PROFESSOR GREEN

PROFESSOR PURPLE

PROFESSOR WHITE

Sources: Texas A&M and Agrilife Extension