https://www.youtube.com/watch?v=R9w7SjHaZmE
• National Quesadilla Day on September 25th encourages us to pull a chair up to the table and eat some authentic Mexican food. While it’s not a sandwich or a taco, the quesadilla satisfies snack cravings while also completing a meal.

• Typically made with a corn tortilla and filled with cheese, we heat quesadillas until the cheese melts. Then it hits the grill or fryer until just crispy. Some people also include other fillings such as cooked sausage, chicken, pork, or beef. And don’t forget the toppings. Fresh tomatoes, salsa, herbs, sour cream, guacamole, or chilies bring a whole other level of flavor to the quesadilla. Don’t forget to finish it with a squeeze of lime. Serve it with an ice-cold beer or a margarita, and the meal is complete.

• Families love quesadillas, too! In households around the country, families include quesadillas as a popular mealtime solution. In fact, V&V Supremo recently found one in three people are making quesadillas at least once a week*. Additionally, quesadillas have crossed over from authentic Mexican restaurant menus to more typical chain restaurants. Even higher-end gourmet eateries include them on their menus. Their simplicity allows for easy customization and people of all ages love to eat to them, too.

Dia de la Quesadilla
The introduction of Jerry Siegel and Joe Shuster’s Superman in 1938 turned comic books into a major industry, ushering in the Golden Age of Comics.

- Comic books have existed in America since the English printing of Swiss comic, The Adventures of Mr. Obadiah Oldbuck, in 1842, making it the first known American prototype comic book. Proto-comics began appearing in the early 20th century, with the first standard-sized comic being Funnies on Parade.

60% of people started reading comics before they turned 10.
CELEBRATE!!!

FAMOUS HISPANICS
• Teacher who changed lives of Latino students in Los Angeles
• Fought for better textbooks and inspired students to succeed

BORN 1930
MEXICAN AMERICAN. BORN 1957. One of the greatest women golfers of all time. Has won 48 titles.

NANCY LOPEZ
PROFESSIONAL GOLFER
According to the 2010 Census, Hispanics accounted for more than half of the growth in United States population between 2000 and 2010. The U.S. is the fifth largest Hispanic country in the world. Most of the U.S. population is Mexican American, followed in size by Central and South Americans, Puerto Ricans, and Cuban Americans.
Today is 81 degrees and sunny.
LUNCH

Wild Mike’s Cheese Sticks or Bites
Baby Carrots
Green Beans
Crisp Apple
Canned Mixed Fruit
Milk

YUM YUM!!!!!
The Smithton West Middle School Winter Guard is looking for new members! Winter guard is an indoor sport that incorporates dance and flag work to create an exciting show. This activity not only teaches you the basics to the art of dance and flag spinning, but you will meet friends that last a lifetime in a sport that you can continue into high school and so much more! Students are welcome to join us at rehearsal on Thursday, October 1st from 6-8pm at Hickman High School. No experience needed! For attendance purposes and additional information, please email jrandolph@cpsk12.org prior to October 1st.
TODAY'S QUOTES

the MORE YOU PRACTICE THE BETTER YOU GET

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your Heart for Love.

HAVE A GREAT DAY!!!!!