

AUGUST

Special Announcements

WELCOME BACK!!

*A VARIETY OF MILK IS OFFERED DAILY

**NOTES BREAKFAST: A VARIETY OF CEREAL IS OFFERED DAILY

***TRY OUR NEW SALAD CHOICES!!

HIGH SCHOOL OFFERS A VARIETY OF JUICE AT LUNCH.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BUD MILLER



**Next Month:
Grapes & Cucumbers**

Monday	Tuesday	Wednesday	Thursday	Friday
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1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 **PANCAKE ON A STICK COUNTRY STEAK ASIAN SALAD MASHED POTATOES GREEN BEANS DINNER ROLL FRESH FRUIT STRAWBERRIES	23 **BREAKFAST PIZZA BEEF & CHEESE TOASTADA CHICKEN FAJITA SALAD LA FIESTA RICE REFRIED BEANS SALAD FRESH FRUIT APPLESAUCE	24 **CHEESE OMELET WRAP PEPPERONI PIZZA CHEESE PIZZA CHEF SALAD STEAMED BROCCOLI SALAD FRESH APPLES DICED PEARS	25 **BREAKFAST ROUNDS SOFT TACOS SANTE FE SALAD BABY CARROTS TACO FIXENS SALSA ORANGE WEDGES PINEAPPLE TIDBITS	26 **CINNAMON ROLL HAMBURGER/CHEESEBURGER CRISPY CHICKEN SALAD SANDWICH FIXENS CUCUMBER WHEELS SWEET POTATO TOTS FRESH FRUIT DICED PEACHES

29 **MINI PANCAKES CHICKEN SANDWICH CARIBBEAN SALAD POTATO ROUNDS SANDWICH FIXENS TOMATO & CUCUMBER CUP FRESH FRUIT MIXED FRUIT	30 **MINI PANCAKES NACHOS TACO SALAD CHERRY TOMATOES SALAD SALSA FRESH FRUIT DICED PEARS	31 **BREAKFAST PIZZA CORN DOG CHEF SALAD BAKED BEANS BROCCOLI & CHEESE SALAD FRESH APPLES PINEAPPLE TIDBITS
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Good Eats At:

DUMAS JR. HIGH & HIGH SCHOOL

Menus are subject to change with notice

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

Watermelon

Brainy Snacks: Did you know that watermelon can be considered a fruit or a vegetable! So next time your parents ask you what vegetable you'd like for dinner let them know you want a Texas size piece of watermelon! CHOMP!

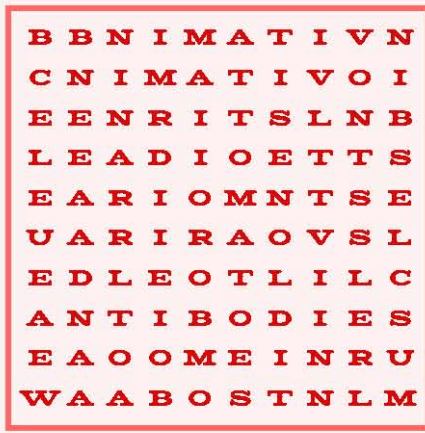
How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

Growth Regions: High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

Peak Growing Season: May - October



Word Search



Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

Joke of the Month

Q. How do you fix a broken tomato?
see answer below.

The name says it all! Watermelons are 92% water. Maybe try your next piece with a straw.

Tomatoes

A rainbow of tomatoes - Fruit or vegetable? Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head "to-ma-toes" I still wouldn't be as tall as the world's tallest tomato plant which was measured to be 65 feet tall. That is about six stories tall! Whoa!

Vitamin C: Oranges aren't the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growth Regions: East Texas and Rio Grande Valley

Peak Growing Season: April - November

Visit: SquareMeals.org/SeasonalityWheel

