

AUGUST

Special Announcements

WELCOME BACK!!

*A VARIETY OF MILK IS OFFERED DAILY

**NOTES BREAKFAST

***TRY OUR NEW SALAD CHOICES!!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BUD MILLER

Next Month:
Grapes &
Cucumbers



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

** GRAPE JAMWICH
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

**PANCAKE ON STICK
PEPPERONI PIZZA OR
CHEESE PIZZA
CHEF SALAD
STEAMED BROCCOLI
SALAD
FRESH APPLES
DICED PEARS

25

**BLUEBERRY MUFFIN
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

**CHERRY FRUDEL
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

Good Eats At:

ELEMENTARY & INTERMEDIATE
SCHOOLS

Menus are subject to change without 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

B B N I M A T I V N
 C N I M A T I V O I
 E E N R I T S L N B
 L E A D I O E T T S
 E A R I O M N T S E
 U A R I R A O V S L
 E D L E O T L I L C
 A N T I B O D I E S
 E A O O M E I N R U
 W A A B O S T N L M

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