

# SEPTEMBER

## Special Announcements

A Variety of milk is offered daily  
**\*\*NOTES BREAKFAST**  
**\*\*\*A VARIETY OF JUICE AND FRUIT IS OFFERED DAILY**

Menus are subject to change without notice

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



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER ROY MULLER



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

ELEMENTARY & INTERMEDIATE SCHOOLS



1 \*\*Stuffed Bagels  
 Salisbury Steak  
 Crispy Chicken Salad  
 Mashed Potatoes  
 Green Beans  
 Dinner Roll  
 Fruity Gelatin  
 Rainbow Applesauce

2 \*\*French Toast  
 Pizza Choice  
 Chicken Fajita Salad  
 Baby carrots  
 Fresh Broccoli  
 Seasoned Corn  
 Strawberries & Bananas  
 Fresh Fruit

### HOLIDAY

### LABOR DAY

5

6 \*\*Sausage Biscuit  
 Chicken Nuggets  
 Asian Salad  
 Oven Brown Rice  
 Sliced Carrots  
 Steamed Broccoli  
 Pineapple Tidbits  
 Sugar Cookie

7 \*\*Breakfast Pizza  
 Tex-Mex Stack  
 Santa Fe Salad  
 La Fiesta Rice  
 Refried Beans  
 Salad  
 Diced Peaches  
 Fresh Apples

8 \*\*Waffles  
 Hamburger/Cheeseburger  
 Chef Salad  
 Sandwich Fixens  
 Potato Rounds  
 Baked Beans  
 Diced Pears  
 Orange Wedges

9 \*\*Cheese Omelet Wrap  
 Meaty Macaroni  
 Crispy Chicken Salad  
 Seasoned Green Beans  
 Salad  
 Bread stick  
 Mixed Fruit  
 Fresh Fruit

12 \*\*French Toast  
 Steak Fingers/Gravy  
 Caribbean Salad  
 Baked Potato  
 Salad  
 Dinner Roll  
 Strawberries & Bananas  
 Fresh Fruit

13 \*\*Blueberry Pancake on Stick  
 Spaghetti/Meatballs  
 Chef Salad  
 Steamed Broccoli  
 Salad  
 Breadstick  
 Diced Peaches  
 Orange Wedges

14 \*\*Breakfast Pizza  
 Soft Tacos  
 Santa Fe Salad  
 Seasoned Corn  
 Pinto Beans  
 Salad  
 Applesauce  
 Fresh Grapes\*\*\*

15 \*\*Banana Muffin  
 Popcorn Chicken  
 Crispy Chicken Salad  
 Sweet Potato Gems  
 Cucumber Wheels\*\*\*  
 Salad  
 Pineapple Tidbits  
 Fresh Fruit

16 \*\*Assorted Cereal  
 Chili Cheese Combo  
 Chicken Fajita Salad  
 Pinto Beans  
 Fresh Broccoli  
 Salad  
 Diced Pears  
 Fresh Apples

19 \*\*Grape Jamwich  
 Pizza Choice  
 Asian Salad  
 Baby Carrots  
 Seasoned Corn  
 Salad  
 Strawberries & Bananas  
 Fresh Fruit

20 \*\*Blueberry Muffin  
 Ham & Cheese Sub  
 Chef Salad  
 Sandwich Fixens  
 Tomato & Cucumber Cup  
 Baked Chips  
 Snowball Salad  
 Orange Wedges

21 \*\*Breakfast Pizza  
 Meatball Sub  
 Crispy Chicken Salad  
 Baby Carrots  
 Pinto Beans  
 Salad  
 Diced Pears  
 Fresh Apples

22 \*\*Pancake on a Stick  
 Sloppy Joe  
 Caribbean Salad  
 Baked Beans  
 Cucumber Wheels\*\*\*  
 Salad  
 Mixed Fruit  
 Orange Wedges

23 \*\*Cinnamon Roll  
 Chicken Nuggets  
 Santa Fe Salad  
 Mashed Potatoes/Gravy  
 Seasoned Corn  
 Dinner Roll  
 Pineapple Tidbits  
 Fresh Fruit

26 \*\*Cherry Frudel  
 Crispy Tacos  
 Chicken Fajita Salad  
 Refried Beans  
 La Fiesta Rice  
 Celery Sticks  
 Rainbow Apple Sauce  
 Fresh Fruit

27 \*\*Mini Pancakes  
 Corn Chip Pie  
 Asian Salad  
 Potato Rounds  
 Broccoli & Tomato Cup  
 Salad  
 Diced Pears  
 Fresh Grapes\*\*\*

28 \*\*French Toast  
 Pizza Choice  
 Taco Salad  
 Cherry Tomatoes  
 Steamed Broccoli  
 Salad  
 Mixed Fruit  
 Chocolate Pudding

29 \*\*Assorted Cereal  
 Hamburger/Cheeseburger  
 Chef Salad  
 Sweet Potato Gems  
 Sandwich Fixens  
 Baby Carrots  
 Diced Peaches  
 Fresh Fruit

30 \*\*Breakfast Pizza  
 Chicken Nuggets  
 Crispy Chicken Salad  
 Macaroni & Cheese  
 Seasoned Green Beans  
 Celery Stick  
 Mixed Fruit  
 Fresh Fruit

# Grapes



## Activities

Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending on what types and colors you like to eat.

**Wait, Before you eat those grapes...! Make Raisins!** Next time you have grapes at home, ask your parents to help you make homemade raisins. You'll need grapes with all the stems removed and an oven.

**Chill out with a grape:** You can also put grapes in the freezer for a cool and tasty treat to fight off the hot Texas heat.

**Growth Regions:** Central Texas, North Texas, and Trans Pecos

**Peak Growing Season:** July - September



## Joke of the Month

**Q.** Why aren't grapes ever lonely?

*see answer below.*

**Berry Old:** America's oldest grapevine is 400 years old and is located on Roanoke Island, North Carolina.



## Growing Regions

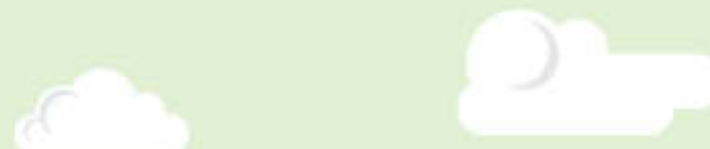
# Cucumbers

**Too Cool for Cucumbers** Have you heard the expression "cool as a cucumber"? Cucumbers can be up to 20 degrees cooler than the outside air. Wow that sounds refreshing when you are talking about the Texas heat. They also contain almost 95% water! So the next time you are feeling hot, eat a cucumber to cool down.

Cucumbers are a good source of Vitamin A, which is good for your eyes. They are also a very good source of Vitamin C, which helps to keep you from getting sick.

**Growth Regions:** East Texas, Rio Grande Valley, and Winter Garden

**Peak Growing Season:** April - December



Visit: [SquareMeals.org/SeasonalityWheel](https://www.squaremeals.org/SeasonalityWheel)