

SEPTEMBER



HAVE A GRAPE DAY!

THANKS A BUNCH!

Special Announcements

A Variety of milk is offered daily

**NOTES BREAKFAST

***A VARIETY OF JUICE AND FRUIT IS OFFERED DAILY

***High School offers juice daily at lunch.

****A variety of Cereal is offered daily at breakfast.

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMMISSIONER MIC BELLER

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Dumas High School
North Plains Opportunity Center
Dumas Jr. High School



5
HOLIDAY
LABOR DAY

6 **Breakfast Slider
Chicken Nuggets
Asian Salad
Oven Brown Rice
Sliced Carrots
Steamed Broccoli
Pineapple Tidbits
Sugar Cookie

7 **French Toast
Tex-Mex Stack
Santa Fe Salad
La Fiesta Rice
Refried Beans
Salad
Diced Peaches
Fresh Apples

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

9 **Grape Jamwich
Meaty Macaroni
Crispy Chicken Salad
Seasoned Green Beans
Salad
Bread stick
Mixed Fruit
Fresh Fruit

12 **Egg & Cheese Biscuit
Steak Fingers/Gravy
Caribbean Salad
Baked Potato
Salad
Dinner Roll
Strawberries & Bananas
Fresh Fruit

13 **Breakfast on a Bun
Spaghetti/Meatballs
Chef Salad
Steamed Broccoli
Salad
Breadstick
Diced Peaches
Orange Wedges

14 **Peach Parfait
Soft Tacos
Santa Fe Salad
Seasoned Corn
Pinto Beans
Salad
Applesauce
Fresh Grapes***

15 **Stuffed Bagels
Popcorn Chicken
Crispy Chicken Salad
Sweet Potato Gems
Cucumber Wheels***
Salad
Pineapple Tidbits
Fresh Fruit

16 **Burritos
Chili Cheese Combo
Chicken Fajita Salad
Pinto Beans
Fresh Broccoli
Salad
Diced Pears
Fresh Apples

19 **Pancake on a Stick
Pizza Choice
Asian Salad
Baby Carrots
Seasoned Corn
Salad
Strawberries & Bananas
Fresh Fruit

20 **Cheese Omelet Wrap
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 **Breakfast Rounds
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 **Mini Pancakes
Crispy Tacos
Chicken Fajita Salad
Refried Beans
La Fiesta Rice
Celery Sticks
Rainbow Apple Sauce
Fresh Fruit

27 **Cheesy Toast
Corn Chip Pie
Asian Salad
Potato Rounds
Broccoli & Tomato Cup
Salad
Diced Pears
Fresh Grapes***

28 **Biscuits & Gravy
Pizza Choice
Taco Salad
Cherry Tomatoes
Steamed Broccoli
Salad
Mixed Fruit
Chocolate Pudding

29 **Cherry Frudel
Hamburger/Cheeseburger
Chef Salad
Sweet Potato Gems
Sandwich Fixens
Baby Carrots
Diced Peaches
Fresh Fruit

30 **Waffles
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

START



FINISH

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

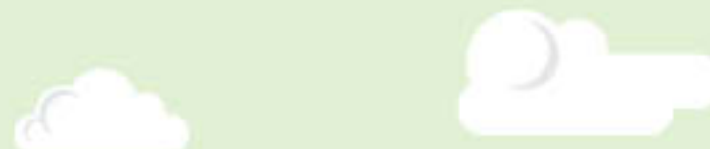
Cucumbers

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



I'M COOL!



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