

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

We serve daily a variety of Juices.

We serve daily a variety of milk.

Menu is subject to change!!

Good Eats at:

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

9.4

Labor Day

	Oatmeal & Toast Or Cereal & Toast Fruit & Milk	Cheese Toast Or Cereal & Toast Fruit & Milk	Waffles Or Cereal & Toast Fruit & Milk	Eggs/w sausage Patty Or Cereal & Toast Fruit & Milk
4	5	6	7	8
Pancake Stick Or Cereal & Toast Fruit & Milk	Oatmeal & Toast Or Cereal & Toast Fruit & Milk	Muffins Or Cereal & Toast Fruit & Milk	Waffles Or Cereal & Toast Fruit & Milk	Eggs/w Toast Or Cereal & Toast Fruit & Milk
11	12	13	14	15
Breakfast Pizza Or Cereal & Toast Fruit & Milk	Oatmeal & Toast Or Cereal & Toast Fruit & Milk	Cheese Toast Or Cereal & Toast Fruit & Milk	Waffles Or Cereal & Toast Fruit & Milk	Eggs /Sausage Patty Or Cereal & Toast Fruit & Milk
18	19	20	21	22
French Toast Sticks Or Cereal & Toast Fruit & Milk	Cheese Toast Or Cereal & Toast Fruit & Milk	Muffins Or Cereal & Toast Fruit & Milk	Waffles Or Cereal & Toast Fruit & Milk	Eggs/w Toast Or Cereal & Toast Fruit & ILK
25	26	27	28	29

+200

+100

+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



SEPTEMBER 2017

MON TUE WED THUR FRI

Special Announcements

We Serve Ham & Cheese Sandwiches

Everyday

We serve Ham/Chicken

Salads (3rd and up)

Menu's Subject To Change

Good Eats at:

GET READY
FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

Staff
Workday

9.4
Labor Day

Labor Day 4	Chili Cheese Dogs Broccoli Ranch Style Beans Fruit Milk 5	Pizza Corn Salad Cup Fruit Milk 6	Chicken Spaghetti Sweet Peas Sliced Carrots Garlic Toast Fruit Milk 7	Hamburger Burger Salad Sweet Potato Fries Fruit Milk 8
Chicken Fajita's/w Cheese & Salsa Pinto Beans Garden Salad Fruit Milk 11	Beef Spaghetti Blackeye Peas Sweet Potatoes Cornbread Fruit Milk 12	Corndogs Macaroni Corn Fruit Milk 13	Chicken & Dumpling Sliced Carrots Turnip Greens Cornbread Fruit 14	Chicken Burger Burger Salad Ranch Style Beans 15
Chicken Spaghetti Sweet Peas Sliced Carrots Fruit Milk 18	Nacho Supreme Garden Salad Pinto Beans Fruit Milk 19	Pizza Macaroni & Cheese Sliced Carrots Fruit Milk 20	Chicken Nuggets Mashed Potatoes Gravy Green Beans Fruit Milk 21	Cheeseburger Burger Salad Sweet Potato Fries Fruit Milk 22
Steakfings/ w Rice & gravy Sweet Peas Rolls Fruit & Milk 25	Chili Cheese Dogs Broccoli Ranch Style Beans Fruit Milk 26	Corndogs Macaroni & Cheese Sliced Carrots Fruit Milk 27	Beef Bake Potato w/Cheese & Salsa Pinto Beans Salad Cup Fruit & Milk 28	Hamburgers Burger Salad Oven Tots Fruit Milk 29

+200
+100
+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



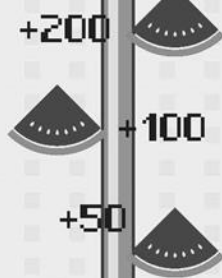
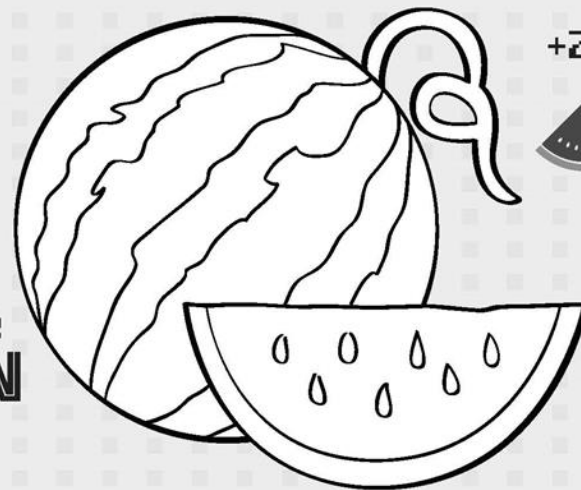
WATERMELON

My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.

I may have many seeds or no seeds at all. Texas is ranked third in the country for growing watermelons, and we are the state's largest garden crop. You'll see us growing on long vines in patches, or large areas of a farm.



As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.



FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

LAUNCH PAD

WATERMELON GROWING REGIONS



1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley

COLOR THE MELON

Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 cup Feta cheese
- 4 whole-grain dinner rolls
- 2 teaspoons butter

PREPARATION

In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!

Recipes courtesy of: www.whatscooking.fns.usda.gov



Joke of the MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.