

AUGUST

**Next Month:
Grapes &
Cucumbers**



Special Announcements

100% Juice and choice of milk served with breakfast.

Breakfast is served with a choice of whole fruit.

Choice of milk is served with lunch.

Salad Bar 6-12 will be served with required food items to meet USDA Nutritional Standard



Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Kolaches or Cereal Ham & Cheese Subs Baked Chips Cucumbers & Tomatoes Grilled Peaches Cookie	23 Cinnamon Rolls or Cereal Beef Nachos Garden Salad Ranch Beans Salsa Pineapple Tidbits	24 Egg/Bacon & Cheese Burrito or Cereal Spaghetti Garlic Bread Seasoned Corn Fresh Veggie Mix Chilled Mixed Fruit	25 Sausage/Egg & Cheese Croissant or Cereal Corndogs Potato Smiles Carrots & Broccoli Orange Smiles Lime Sherbet	26 Ham/Cheese & Egg Combo or Cereal Cheeseburger Burger Salad Tater Tots Fresh Fruit Mix Rice Crispy Treat
29 Strawberry Frudel or Cereal Crunchy Tacos/ Salad Spanish Rice Refried Beans Sliced Watermelon	30 Sausage Biscuit or Cereal French Bread Pizza Garden Salad Tomato Wedges Green Beans Mixed Fruit Salad	31 Danish Waffles or Cereal Baked Fish Nuggets Macaroni & Cheese Peas & Carrots Coleslaw Sliced Apples		

Good Eats At:

Hermleigh ISD

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!

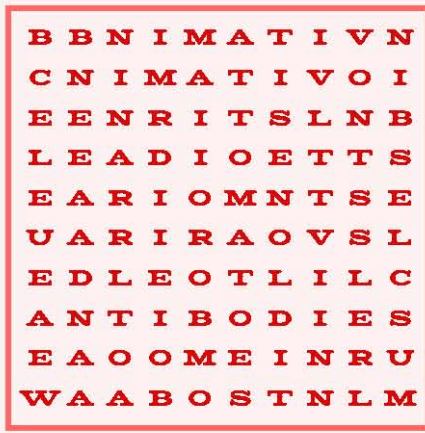
How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

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

