

SEPTEMBER



Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:



Assorted Muffins Or Cereal
Hot Dogs
Tomato Wedges
Baked Chips
Dressed Fresh Veggies
Grapes

Pancake Pups Or Cereal
Cheeseburgers
Burger Salad
Tater Tots
Fresh Fruit
Cookies

5
LABOR DAY

6
Blueberry Pancakes Or Cereal
Chicken Crisпитos
Garden Salad
Tomato Wedges
Chips & Salsa
Apple Slices

7
Scrambled Eggs/ Bacon & Biscuit Or Cereal
Hamburger Steak & Gravy/Roll
Mashed Potatoes
Green Beans
Peaches & Cream

8
Fruit Pockets Or Cereal
Cheese Pizza
Garden Salad
Baby Carrots
Seasoned Corn
Fruit Mix

9
Assorted Danish Or Cereal
Meatball Subs
Tater Tots
Veggie Dippers
Fresh Fruit
Brownies

12
French Toast Or Cereal
Popcorn Chicken/Gravy
Texas Toast
Seasoned Corn
Sweet Potato Waffle Fries
Pink Applesauce

13
Ham/Egg & Cheese Biscuit or Cereal
Chicken Spaghetti
Garlic Bread
Garden Salad
Broccoli & Carrots
Pineapple D'lite

14
Cinnamon Rolls or Cereal
Cheese enchiladas
Tortilla Chips
Pinto Beans
Cucumber & Tomato
Mandarin Oranges

15
Frudels or Cereal
Cheese Ravioli w/ Beef Marinara Sauce
Garlic Toast
Garden Salad
Green Beans
Tropical Fruit Mix

16
Ham/Egg & Cheese Combo or Cereal
Cheeseburgers
Burger Salad
Tater Tots
Fresh Fruit
Cookies

19
Kolaches or Cereal
Frito Pie
Garden Salad
Tomato Wedges
Seasoned Corn
Cinnamon Apples

20
Potato/Egg & Cheese Burrito or Cereal
Country Fried Steak
Gravy/Texas Toast
Mashed Potatoes
Green Beans
Mixed Fruit

21
Breakfast Pastries & Yogurt or Cereal
Beef/ Bean & Cheese Burrito
Garden Salad
Salsa & Chips
Orange Smiles

22
Bacon/Egg & Cheese Wrap or Cereal
Breaded Chicken Burgers
Burger Salad
Tater Tots
Crunchy Broccoli
Strawberry & Bananas

23
Apple Fritters Or Cereal
Corn Dogs
Baked Chips
Veggie Dippers
Fresh fruit
Sherbet

26
Honey Bun or Cereal
Beef Nachos
Garden Salad
Ranch Beans
Spanish Rice
Peaches

27
Biscuits & Sausage Gravy or Cereal
Ham & Cheese Pretzel Bun
Fresh Veggie Mix
Potato Smiles
Banana & Yogurt

28
Assorted Muffins or Cereal
Beef Spaghetti Roll
Fresh Mixed Greens
Green Beans
Pineapples

29
Breakfast wrap or Cereal
Chicken Fries/Roll
Baby Carrots
Seasoned Corn
Apple Slices
Fudge Brownie

30
Egg/Ham & Cheese Breakfast Bun
Cheeseburgers
Burger Salad
Tater Tots
Fresh Fruit
Cookies

Grapes



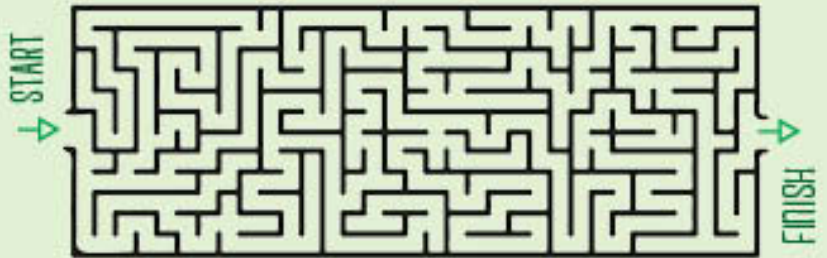
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending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

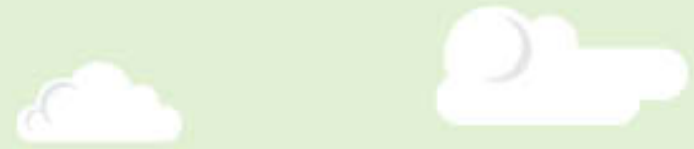
Cucumbers

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