

SEPTEMBER 2017

MON TUE WED THUR FRI

Special Announcements

Good Eats at:

GET READY

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

HAMBURGER
TATOR TOTS
SALAD FRUIT MILK

9.4

Labor Day

STEAKFINGR MASHED POTATOES FRUIT MILK 4	SPAGHETTI VEGGIES FRUIT MILK 5	CHICKEN WINGS FRESH VEGGIES FRUIT MILK 6	MEXICAN COMBO CORN FRUIT MILK 7	SLOPPY JOE FRIES BROCCOLI BITES FRUIT MILK 8
PIZZA CORN FRUIT MILK 11	TACOS BEANS SALAD FRUIT MILK 12	HAMBURGER FRIES FRUIT MILK 13	CHICKEN NUGGETTS MAC AND CHEESE FRUIT MILK 14	HOT DOG BAKED BEANS FRUI MILK 15
CORN DOG TATOR TOT TOMATO CUPS FRUIT MILK 18	NACHOS CUCUMBERS SALAD FRUIT MILK 19	BURRITTO CORN SALAD FRUIT MILK 20	SALSBUY POTAOES FRUIT MILK 21	HAM&CHEES BAKED CHIPS VEGGIES FRUIT MILK 22
ENCHILADAS RICE BEANS SALAD FRUIT MILK 25	MEATBALL SUB SALAD FRUIT MILK 26	PIZZA CORN FRUIT MILK 27	CHICKEN NUGGETTS POTATOES FRUIT MILK 28	HAMBURGER FRIES FRUIT MILK 29

+200
+100
+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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 have a juicy, sweet flesh inside that is deep red to pink, but some of my fellow watermelons are orange, yellow, or white inside.

I have hard, black seeds inside me, but some others don't. 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.

Squash IT!

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



+200

+100

+50

JOKE OF THE MONTH

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

A: When you're eating a watermelon.



Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

1 cup fresh spring greens • 1 cup fresh cilantro • 1 cup fresh watermelon, cubed • ½ cup red grapes, halved • ¼ cup walnuts, chopped • ¼ 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