

SEPTEMBER 2017

MON

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Special Announcements

WELCOME BACK... AGAIN!
WE HOPE ALL IS WELL
WITH EACH FAMILY!

Good Eats at:

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!

OCTOBER 9-13
squaremeals.org/nslw

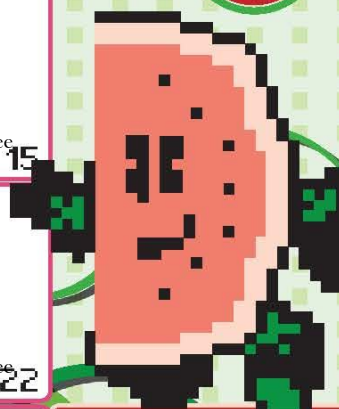
BAD WEATHER DAY

9.4

Labor Day

	BAD WEATHER DAY	BAD WEATHER DAY	BAD WEATHER DAY	BAD WEATHER DAY
4	5	6	7	8
Fish Sticks Mash Potatoes Gravy Cali. Veg. Mix Slice of Bread Strawberry Cup Mil k 1% or Fat Free	Fajita Chicken Spanish Rice Refried Beans Salad w/ Carrots Pineapple Mil k 1% or Fat Free	Chicken Noodles Carrots Green Beans Hot Roll Veg. Beans Pears Mil k 1% or Fat Free	Sloppy Joe Corn Carrots Green Beans Peaches Mil k 1% or Fat Free	Cheese Pizza Celery Sticks Baby Carrots Tator Tots Orange Mil k 1% or Fat Free
11	12	13	14	15
Quesadilla (Chicken) Refried Beans Spanish Rice Salad Pineapple Mil k 1% or Fat Free	Spaghetti (Turkey) Garbanzo beans Corn Green beans Wheat bread Mil k 1% or Fat Free	Sloppy Joe Corn Carrots Green Beans Peaches Mil k 1% or Fat Free	Chicken & Gravy Brown Rice Cali Veg. Mix Pinto Beans Corn Hot Roll Pears Mil k 1% or Fat Free	Turkey/Cheese Sandwich French Fries Baby Carrots Celery Sticks Oranges Mil k 1% or Fat Free
18	19	20	21	22
Fajita Chicken Spanish Rice Refried Beans Salad w/ Carrots Pineapple Mil k 1% or Fat Free	Fish Sticks Mash Potatoes Gravy Cali. Veg. Mix Slice of Bread Strawberry Cup Mil k 1% or Fat Free	Cheese Burger Salad w/ carrots French Fries Peaches Mil k 1% or Fat Free	Chicken Noodles Carrots Green Beans Hot Roll Veg. Beans Pears Mil k 1% or Fat Free	Cheese Pizza Celery Sticks Baby Carrots Tator Tots Orange Mil k 1% or Fat Free
25	26	27	28	29

+200
+100
+50

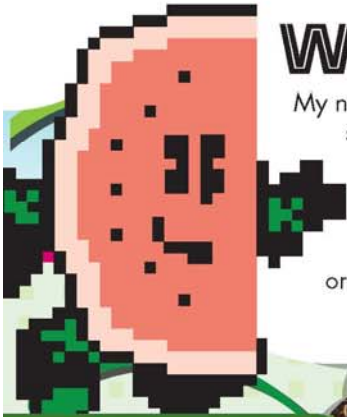


Fun facts on back!



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.

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

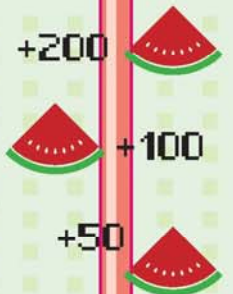


1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley



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

COLOR THE MELON



Alexandra's Refreshing WATERMELON SALAD

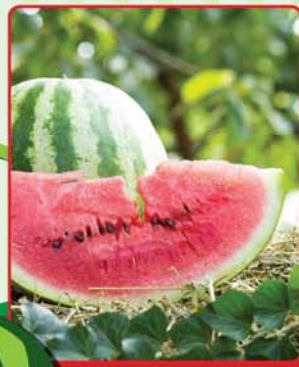
INGREDIENTS

- 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



Joke of the MONTH

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

A: When you're eating a watermelon.