

# SEPTEMBER



## Special Announcements

DAILY OFFERINGS:  
1% Plain and FF Chocolate Milk and Fruit

MENU SUBJECT TO CHANGE



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

TIOGA ISD  
9-12 LUNCH



1 Crisпитos/Cheese  
OR Corn Dog  
Santa Fe Blend  
Refried Beans  
Spanish Rice

2 Hamburger OR  
Chick Sandwich  
Steamed Broccoli  
Let/Tom/Pick Cup  
Sun Chips  
Ket/Mavo/Must

5 HOLIDAY

6 Cheese OR  
Pepperoni Pizza  
Steamed Corn  
Romaine Salad  
FF Ranch

7 Chick Drumstick  
OR Brd Beef Steak  
Mashed Potatoes  
Steamed Broccoli  
WW Roll  
WG Cookie

Chick Fajita Nacho  
OR Corn Dog  
Pinto Beans  
Spanish Rice  
Carrots Baby  
FF Ranch

9 Cheeseburger OR  
**Spicy** Chick Sand  
Pork N Beans  
Let/Tom/Pick Cup  
French Fries  
Ket/Mavo/Must

LABOR DAY

12 Cheese OR  
Pepperoni Pizza  
Steamed Corn  
Romaine Salad  
FF Ranch

13 Spaghetti/Meat  
OR Hot Dog/Chili  
Mixed Vegetables  
Roasted Broccoli  
Garlic Breadstick

14 Pop Corn Chick  
OR Beef Fingers  
Mashed Potatoes  
Green Beans  
WW Roll  
WG Cookie

15 Soft Beef Tacos  
OR Corn Dog  
Chili Beans  
Let/Tom Salad  
Spanish Rice  
FF Ranch

16 Hamburger OR  
Grilled Cheese Sand  
Carrots Baby  
Let/Tom/Pick Cup  
Sun Chips  
Ketchup/Mavo/Must

19 Cheese OR  
Pepperoni Pizza  
Steamed Corn  
Romaine Salad  
FF Ranch

20 General TSO Chick  
OR Hot Dog/Chili  
WG Rice  
Oriental Blend Veg  
Fresh Broccoli  
Fortune Cookie

21 Chick Nuggets  
OR Beef Fingers  
Mashed Potatoes  
Green Peas  
WW Roll  
WG Cookie

22 Burrito/Cheese  
OR Corn Dog  
Refried Beans  
Carrots Baby  
Spanish Rice

23 Hamburger OR  
Chick Sandwich  
Tater Tots  
Let/Tom/Pick Cup  
Baked Beans  
Ket/Mavo/Must

24 Cheese OR  
Pepperoni Pizza  
Steamed Corn  
Romaine Salad  
FF Ranch

25 Zesty Orange Chick  
OR Hot Dog/Chili  
WG Rice  
Stir Fry Blend Veg  
Carrots

28 Chick Tenders  
OR Beef Fingers  
Mashed Potatoes  
Green Beans  
WW Roll  
WG Cookie

29 Crisпитos/Cheese  
OR Corn Dog  
Santa FE Blend Veg  
Refried Beans  
Spanish Rice

30 Cheeseburger OR  
Meatball Sub  
Curly Fries  
Broccoli/Cheese  
Let/Tom/Pick Cup  
Ket/Mavo/Must

# Grapes



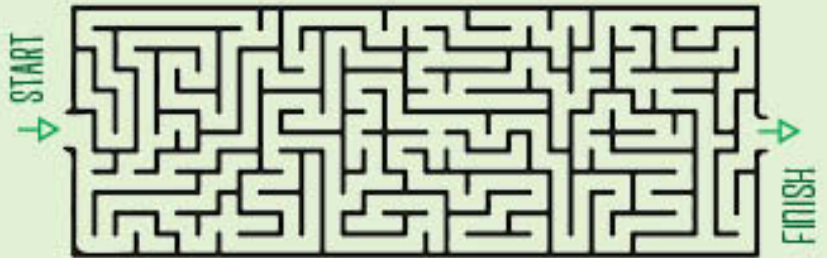
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending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



Growing Regions

**Berry Old:** America's oldest grapevine is 400 years old and is located on Roanoke Island, North Carolina.



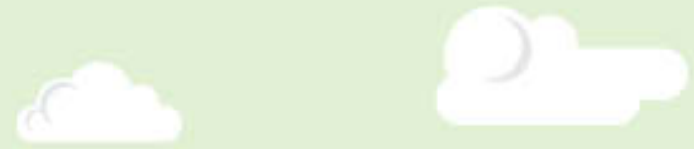
# Cucumbers

**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



CUCUMBER

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)