

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
6-8 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
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
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
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



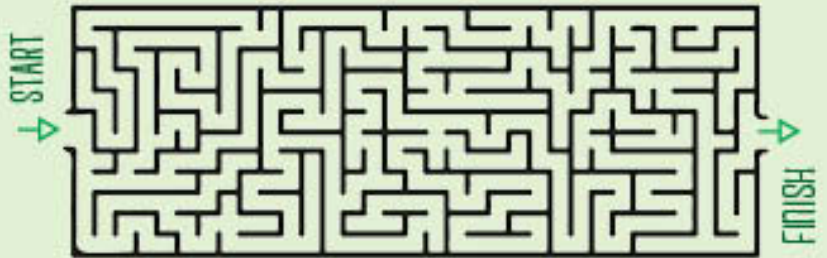
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending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

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



Growing Regions

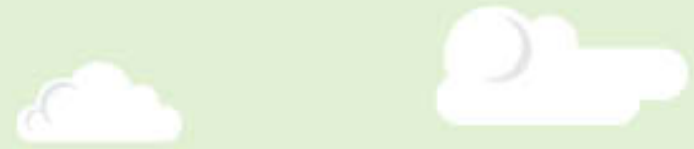
Cucumbers

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