

SEPTEMBER



Special Announcements

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

MENU SUBJECT TO CHANGE

GRANDPARENTS DAY
FRIDAY, SEPTEMBER 9



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

TIOGA ISD
Breakfast PK-12



1 French Toast
Sticks
OR
Cereal
Pop Tart

2 Biscuit
Chick Patty
OR
Cereal
Pop Tart

5 HOLIDAY

6 Waffles
OR
Cereal
Cheese Stick
Syrup

7 Donut
OR
Cereal
Pop Tart

8 Breakfast
Pizza
OR
Cereal
Pop Tart

9 Muffin
OR
Cereal
Cheese Stick

LABOR DAY

12 Pancakes
OR
Cereal
Cheese Stick
Syrup

13 Egg
Stravaganza
OR
Cereal
Toast

14 Chocolate
Muffin
OR
Cereal
Cheese Stick

15 French Toast
Sticks
OR
Cereal
Pop Tart

16 Biscuit
Sausage
OR
Cereal
Cheese Stick

19 Egg Patty
Toast
OR
Cereal
Pop Tart

20 Waffles
OR
Cereal
Pop Tart
Syrup

21 Donut
OR
Cereal
Pop Tart

22 Breakfast
Pizza
OR
Cereal
Pop Tart

23 Biscuit
Chick Patty
OR
Cereal
Pop Tart

26 Pancakes
OR
Cereal
Pop Tart
Syrup

27 Egg
Stravaganza
OR
Cereal
Toast

28 Banana
Muffin
OR
Cereal
Pop Tart

29 French Toast
Sticks
OR
Cereal
Pop Tart

30 Biscuit
Sausage
OR
Cereal
Pop Tart

Grapes



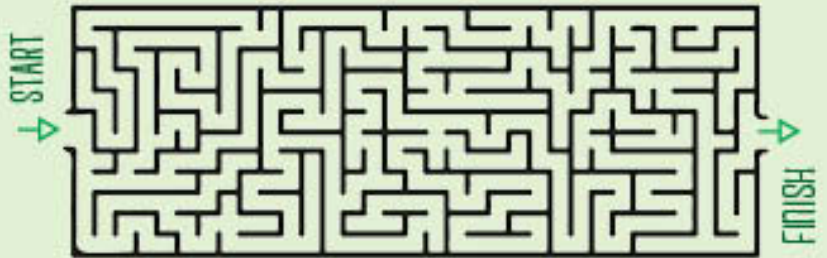
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending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

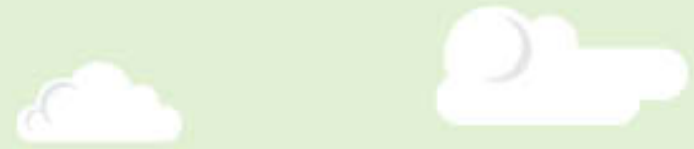
Cucumbers

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