

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

SEPTEMBER



MONDAY
FRUITS
APPLES, ORANGES, MELONS,
PEACHES, STRAWBERRIES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Spaghetti/Meat Sauce
OR Baked Potato
Garlic Toast
Carrots, Baby
Salad
Fruit Cocktail
Fruit Slush
Ranch 1

Cheeseburger OR
Oven Fried Chicken
Sweet Potato Puff
Green Beans
Fresh Fruit
Fruit Juice
Cookie 2

Meatball/Gravy
OR Steak Fingers
Mashed Potato
Broccoli/Cheese
Pineapple Tidbits
Fruit Slush
WW Roll 3

Wrap, Chicken OR
Steak Sandwich
Let/Tom/Pick Cup
Tater Gems
Pork and Beans
Fresh Fruit
Fruit Juice
Mayo/Mustard/Ket 4

GOOD EATS AT:

Tioga ISD
Lunch 9-12

HOLIDAY

Cheese OR Pepperoni
Pizza
Salad
Fresh Broccoli Bites
Pears
Fruit Juice
Ranch 8

Soft Tacos OR
Chicken Fajita
Nachos
Refried Beans
Spanish Rice
Corn
Fruit
Fruit Juice--Cookie 9

Crispito w/Cheese
OR Corn Dog
Charro Beans
Celery Sticks
Peaches
Fruit Slush
Salsa/Ranch 10

Chili Pie OR
Hamburger
Let/Tom/Pick Cup
Curly Fries
Fresh Fruit
Fruit Juice
Ketchup/Mayo/Mustard 11

SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS
FAT FREE CHOCOLATE MILK
1% PLAIN MILK
MENU SUBJECT TO CHANGE

Cheese OR
Pepperoni Pizza
Salad
Mixed Vegetables
Fresh Fruit
Fruit Juice
Ranch 14

Burrito OR Hot
Dog/Chili
Corn
Spanish Rice
Pinto Beans
Mandarin Oranges
Fruit Slush
Salsa 15

Chicken Nuggets
OR Meatball Sub
Sweet Potato Puff
Green Beans
Fresh Fruit
Fruit Juice
Cookie
Ranch/Mustard/Mayo 16

Steak Fingers OR Hot
Wings
Mashed Potato
Baby Carrots
Applesauce
Fruit Slush
WW Roll
Gravy 17

Grilled Cheese
Sandwich OR BBQ
Brisket Sandwich
French Fries
Broccoli
Fresh Fruit
Fruit Juice
Ranch/Ketchup 18

Cheese OR
Pepperoni Pizza
Salad
Steamed Corn
Fresh Fruit
Fruit Juice
Ranch 21

Chicken Sandwich OR
Deli Sub
Let/Tom/Pick Cup
Carrots, Baby
Peaches
Fruit Slush
Mayo/Mustard/Ranch 22

Popcorn Chicken
OR Steak Fingers
Mashed Potato
Green Beans
Fresh Fruit
Fruit Juice
Cookie
Ketchup/Gravy 23

Macaroni and Cheese
OR Corn Dog
Curly Fries
Steamed Broccoli
Mandarin Oranges
Fruit Slush
Mustard/Ketchup 24

Spicy Chicken
Sandwich OR
Hamburger
Let/Tom/Pick Cup
Baked Beans
French Fries
Fresh Fruit/Juice
Mayo/Mustard/Ketchup 25

Cheese OR
Pepperoni Pizza
Salad
Corn Cobbett
Fresh Fruit
Fruit Juice
Ranch 28

Spaghetti/Meat
Sauce OR Baked
Potato
Carrots, Baby
Salad/Ranch
Fruit Cocktail
Fruit Slush
Garlic Breadstick 29

Cheeseburger OR
Oven Fried Chicken
Sweet Potato Puff
Green Beans
Fresh Fruit
Fruit Juice
Cookie
Ketchup/Mayo/Mustard 30



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



IT'S SEPTEMBER, the start of the fall season. Fall is harvest season for many crops in Texas—which means there's a wealth of good things out there to eat. So let's get started Explorers!

FOOD: Apples

REGIONS WITH FRESH SELECTIONS:

Apples grow in the Texas Panhandle and some areas of Northeast and Central Texas.

DISTINGUISHING CHARACTERISTICS:

While you might think of an apple as a bright red fruit, you can find apples that are green, yellow, orange, pink or even multicolored.



WHAT TO KNOW:

If you are looking for a healthy snack, it's hard to do better than an apple. They are low in calories and high in fiber. While a peeled apple is delicious eating, the apple with its skin gives you extra nutritional benefits. This fall, look for fruits and vegetables that add color to your plate.

FUN FACT:

Apple trees take four to five years to produce their first fruit.



STATE FAIR OF TEXAS

Hi Kids! Did you know the Great Plate of Texas will be featured at the State Fair of Texas? "Discover" our booth located at the Food and Fiber Pavilion from September 25–October 18 in Dallas, TX. See you there!

COMING IN OCTOBER:
NATIONAL SCHOOL LUNCH WEEK!



EXPLORER'S NOTEBOOK:

Research supports the old saying "AN APPLE A DAY HELPS KEEP THE DOCTOR AWAY" because apples contain antioxidants that help keep you from getting sick.

EXPLORER'S ACTIVITY:

There are many varieties of apples available in your local supermarket. Identify three different varieties of apples and list them below.

- _____
- _____
- _____



APPLE SALAD RECIPE

(MAKES 8 SERVINGS)

Ingredients:

- 2 cups Apples (diced)
- 1 cup Celery (diced)
- 1/2 cup Raisins
- 1/2 cup Walnuts (if you like)
- 2 tbsp Salad dressing or mayonnaise
- 1/2 tbsp Orange juice



Directions:

- Mix orange juice with salad dressing or mayonnaise.
- Toss apples, celery and raisins with dressing mixture.
- If using walnuts, add that too.

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