

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

# SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## FRUITS

APPLES, ORANGES, MELONS,  
PEACHES, STRAWBERRIES

Biscuit / Gravy  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Jelly

1

Breakfast on Bun  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

2

Waffles  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

3

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Jelly/Gravy

4

GOOD EATS AT:

Tioga  
Breakfast

HOLIDAY

7

Pancake on Stick  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

8

Egg Patty  
OR  
Cereal  
Toast  
Fresh Fruit  
Fruit Juice  
Jelly/Salsa

9

Breakfast Pizza  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

10

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Jelly/Gravy

11

SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS  
FAT FREE CHOCOLATE MILK  
1% PLAIN MILK

MENU SUBJECT TO CHANGE

Muffin  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

14

Pancakes  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

15

Breakfast on Bun  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

16

Waffles  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

17

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Jelly/Gravy

18

French Toast Sticks  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

21

Pancake on Stick  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

22

Egg Patty  
OR  
Cereal  
Toast  
Fresh Fruit  
Fruit Juice  
Jelly/ Salsa

23

Breakfast Pizza  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

24

Biscuit  
Sausage  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Jelly/Gravy

25

Muffin  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

28

Pancakes  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice  
Syrup

29

Breakfast on Bun  
OR  
Cereal  
Pop Tart  
Fresh Fruit  
Fruit Juice

30



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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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.

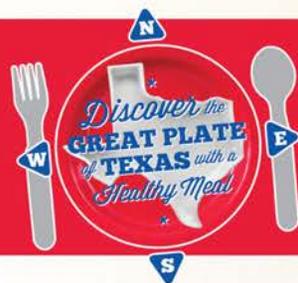
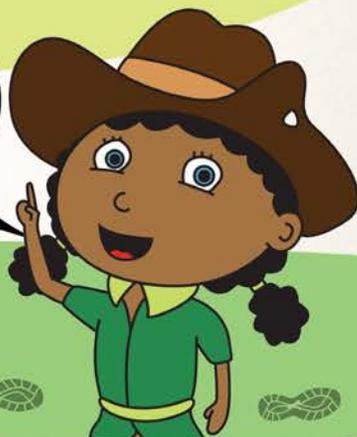


### WHAT TO KNOW:

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!**



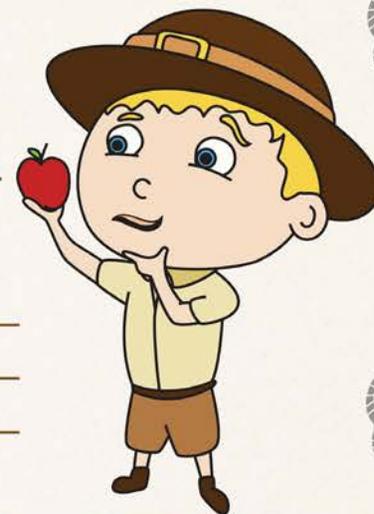
### EXPLORER'S NOTEBOOK:

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.