

**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 Fun Lunch Hot
Dog
Garlic Toast
Carrots, Baby
Salad
Fruit Cocktail 1
Fruit Slush

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

Meatball /Gravy OR
Fun Lunch Corn
Dog
Mashed Potato
Broccoli w/ Cheese
Pineapple Tidbits
Fruit Slush 3
Bell

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

GOOD EATS AT:

Tioga ISD
Lunch PK-5 Grade

HOLIDAY

7

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

Soft Tacos OR
Chicken Fajita
Nachos
Refried Beans
Spanish Rice
Let/Tom Salad
Fresh Fruit 9
Fruit Juice - Cookie

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

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

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

Burrito OR Fun Lunch
Hot Dog
Pinto Beans
Corn
Spanish Rice
Apricots
Fruit Slush 15
Salsa

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

Steak Fingers OR Fun
Lunch Corn Dog
Mashed Potato
Carrots/Baby
Applesauce
Fruit Slush 17
Gravy Ranch

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

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

Chicken Sandwich OR
Fun Lunch Hot Dog
Let/Tom/Pick Cup
Carrots, Baby
Peaches
Fruit Slush 22
Mayo, Mustard, Ranch

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

Macaroni and Cheese
OR Fun Lunch Corn
Dog
Steamed Broccoli
Curly Fries
Mandarin Oranges
Fruit Slush 24

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

Cheese OR
Pepperoni Pizza
Salad
Corn on Cobb
Fresh Fruit
Fruit Juice
Ranch 28

Spaghetti/Meat
Sauce OR
Fun Lunch Hot Dog
Carrot Sticks
Salad
Fruit Cocktail
Fruit Slush 29
Ranch

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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SPECIAL ANNOUNCEMENTS

DAILY OFFERINGS
Fat Free Chocolate Milk
1% Plain Milk

Tuesday: Fun Lunch Sack
Hot Dog, Carrots, Cucumber Slices,
Fruit Slush, Ranch, Ketchup and
Mustard

Thursday: Fun Lunch Sack
Corn Dog, Chips, Broccoli, Celery
Sticks, Fruit Slush, Ranch, Ketchup
and Mustard
Menu Subject To Change

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!



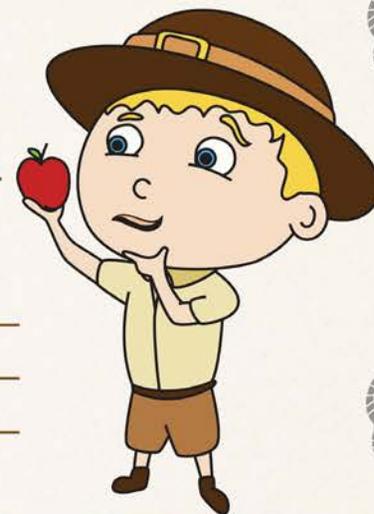
EXPLORER'S NOTEBOOK:

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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