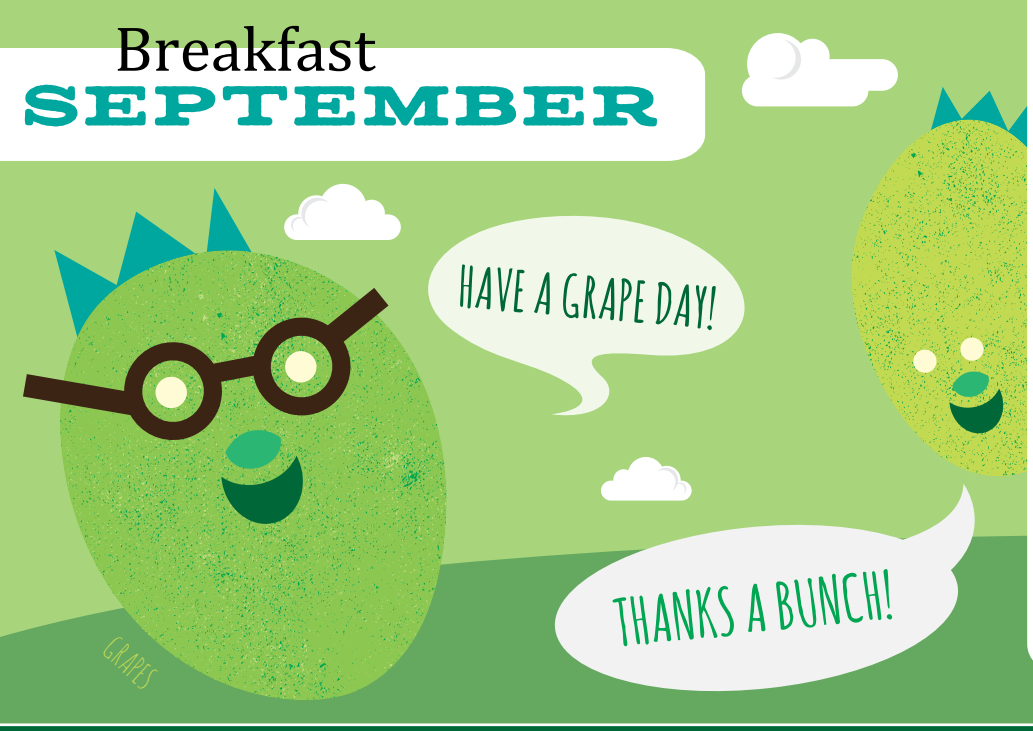
Breakfast SEPTEMBER



Special Announcements

TEXAS DEPARMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
Good Eats At: *Gluten Free ^Dairy >Egg `Fish "Apple Menu subject to change based on availability and costs mario.alvarado@austin.utexas.edu kimberlywilson@austin.utexas.edu		Get ready to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016	1 Wheat Pancakes^> Turkey Bacon Oranges Milk Agave Nectar	2 No School :)
5 No School :) LABOR DAY	6 Texas Hash Smash Tacos> Grapefruit Milk	7 Turkey Sausage Patty Wheat Biscuits Banana Milk	8 Strawberry Pancakes^> Turkey Bacon Oranges Milk Agave Nectar	9 Egg and Sausage Taco> Assorted Fruits Milk
12 Egg with Cheese Taco^> Applesauce" Milk	13 Cinnamon Sugar Oatmeal* Grapefruit Milk	14 Scrambled Eggs> Wheat Biscuits Banana Milk	15 Wheat Pancakes^> Turkey Bacon Oranges Milk Agave Nectar	16 TexMex Taco> Assorted Fruits Milk
19 Egg with Cheese Taco^> Applesauce" Milk	20 Cinnamon Roll Bake Grapefruit Milk	21 Chicken Patty Wheat Biscuits Banana Milk	22 Lemon Poppy Pancakes^> Turkey Bacon Oranges Milk Agave Nectar	23 No School :)
26 Egg with Cheese Taco^> Applesauce" Milk	27 Fruit and Yogurt Parfait Graham Crackers Grapefruit Milk	28 Turkey Sausage Patty Wheat Biscuits Banana Milk	29 Wheat Pancakes^> Turkey Bacon Oranges Milk Agave Nectar	30 Egg and Potato Taco> Assorted Fruit Milk

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.

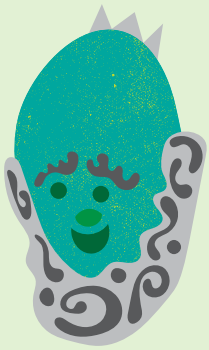
Wait, Before you eat those grapes...Make Raisins! Next time you have grapes at home, ask your parents to help you make homemade raisins. You'll need grapes with all the stems removed and an oven.

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

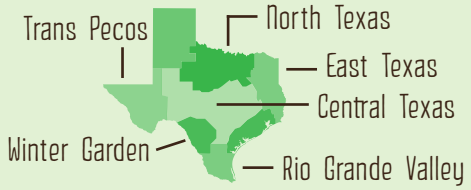
Berry Old: America's oldest grapevine is 400 years old and is located on Roanoke Island, North Carolina.



Joke of the Month

Q. Why aren't grapes ever lonely?

see answer below.



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

National School Lunch Week • October 10–14, 2016 •

Visit: SquareMeals.org/SeasonalityWheel

A: Because they come in bunches!

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