

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

*Gluten Free ^Dairy >Egg `Fish "Apple
Menu subject to change based on availability and costs
mario.alvarado@austin.utexas.edu
kimberlywilson@austin.utexas.edu

Good Eats at:

Lunch

GET READY
FOR NATIONAL SCHOOL
LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

Cheese Pizza^>
Carrot Raisin Salad^
Applesauce"
Milk

9.4

Labor Day

No School ☺

4

Greek Chicken Pita^
Lettuce and Tomato
Jolly Greek Beans
Grapefruit
Milk

5

Thai Baked Chicken
Thai Chopped Salad
Wheat Roll
Apple
Milk

6

Mexican Meatloaf*
Firecracker
Sweet Potatoes
Banana
Milk

7

BBQ Pizza^>
Caesar Salad'
Applesauce"
Milk

8

+200



+100



+50



Lasagna Bake^
Broccoli Florets
Orange
Milk

11

Fish Taco'
Cilantro Lime Slaw^
Fiesta Beans
Banana
Milk

12

Curry Chicken
Coconut Lime Rice
Peas
Apple
Milk

13

Chimichurri> Burger
Lettuce and Tomato
Mashed Potatoes
Pear
Milk

14

Cheese Pizza^>
Greek Salad
Applesauce"
Milk

15

Veggie Fried Rice* >
Sesame Cucumber
Orange
Milk

18

Chicken Enchilada
Taco >
Pico De Gallo
Charro Beans
Pear
Milk

19

Orange Chicken
Rice
Asian Salad
Apple
Milk

20

Meatloaf*
Coleslaw
Wheat Roll
Banana
Milk

21

No School ☺

22

Red Beans and
Rice
Longhorn Corn
Pear
Milk

25

Carne Guisada* Taco
Lettuce and Tomato
Cuban Beans
Apple
Milk

26

Sweet and Sour
Chicken
Rice
Broccoli Florets
Orange
Milk

27

Beef and Broccoli
Lo Mein
Carrot Coins
Banana
Milk

28

Garlic, herbs,
and Veg Pizza^>
Caesar Salad'
Applesauce"
Milk

29

Fun facts >
on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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Good Eats at:
Breakfast

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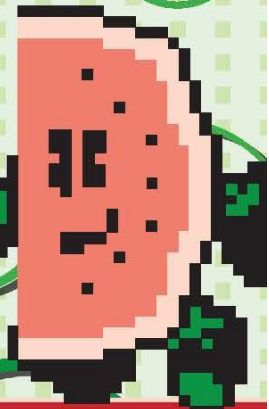
Egg and Potato Pita Pocket>
Assorted Fruits
Milk

9.4

Labor Day

No School ☺ 4	French Toast Bake^> Bunny Crunch Mix Milk 5	Biscuits Scrambled Eggs Banana Milk 6	Pancake Turkey Bacon Orange Milk Agave 7	Egg and Cheese Pita Pocket Assorted Fruit Milk 8
Breakfast Pizza^> Applesauce" Milk 11	Texas Hash Smash> Wheat Roll Grapefruit Milk 12	Biscuits and Chicken Patty Banana Milk 13	Orange Dream Pancake Turkey Bacon Orange Milk Agave 14	Egg and Bacon Pita Pocket Assorted Fruit Milk 15
Breakfast Pizza^> Applesauce" Milk 18	Baked Peach Crisp*^> Bunny Crunch Mix Milk 19	Biscuits and Sausage Patties Banana Milk 20	Pancake Turkey Bacon Orange Milk Agave 21	No School ☺ 22
Breakfast Pizza Applesauce" Milk 25	Cinnamon Bagel Grapefruit Milk 26	Biscuits and Scrambled Eggs Banana Milk 27	Lemon Poppy Pancake^> Turkey Bacon Orange Milk Agave 28	Cowboy Eggs^> Pita Pocket Assorted Fruits Milk 29

+200
+100
+50

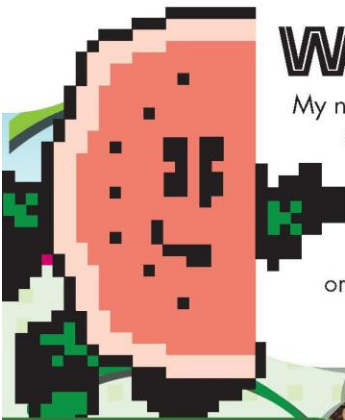


Fun facts
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COMMISSIONER SID MILLER





WATERMELON

My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.



I may have many seeds or no seeds at all. Texas is ranked third in the country for growing watermelons, and we are the state's largest garden crop. You'll see us growing on long vines in patches, or large areas of a farm.

SQUASH IT!

As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.



FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

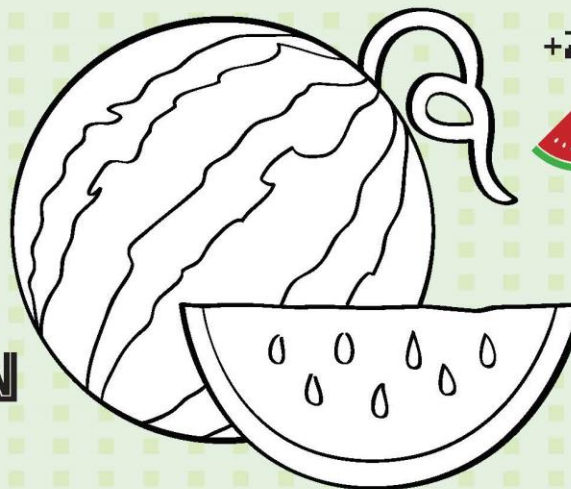
LAUNCH PAD

WATERMELON GROWING REGIONS



1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley

COLOR THE MELON



Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 cup Feta cheese
- 4 whole-grain dinner rolls
- 2 teaspoons butter

PREPARATION

In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!

Recipes courtesy of: www.whatscooking.fns.usda.gov



Joke of the MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.