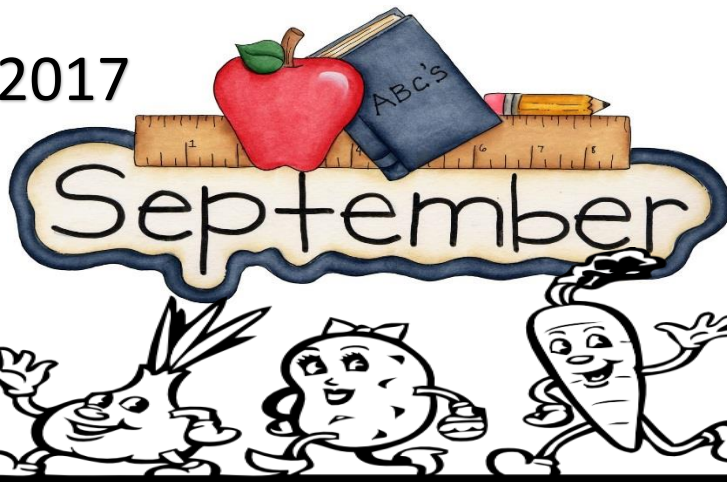



2017



**Special  
Announcements:**

September 4<sup>th</sup> – Holiday

September 29<sup>th</sup> – Invited  
students only

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Breakfast Burritos
This institution is an equal opportunity provider.	Pre-K can only be served juice once per day over all meals and snacks and only unflavored milk.	Breakfast - We offer juice, milk, and water along with a warm entrée or a second choice. Lunch - We offer milk and water.		Popcorn Chicken Roll broccoli Bites Oven Fries Seasonal Fruit Milk Variety
4.	5. Cheese Omelet	6. Waffles, Sausage	7. Breakfast Pizza	8. Donut, Sausage
HOLIDAY	Crispy Tacos Lettuce, Tomato Fresh Veggie Cup Charro Beans Pineapple Tidbits Milk Variety	Chicken Nuggets Mashed Potatoes Garden Salad Tuscan Vegetables Pears Milk Variety	Hamburgers or Cheeseburgers Hamburger Garnish Oven Fries Baby Carrots Orange smiles Milk Variety	Pulled Pork Sliders Coleslaw Savory Green Beans Sliced Peaches Milk Variety
11. Pancakes, Sausage	12. Breakfast Burrito	13. Biscuit, Eggs, Bacon	14. Muffins, Yogurt	15. Egg & Cheese Sandwich
Oven Roasted Chicken Broccoli Bites Roll Baked Beans Apple Slices Milk Variety	Nacho Grande Refried Beans Tiny Tomato Cup Cucumbers Peaches, Sherbet Milk Variety	Chicken Sandwich Oven Fries Fresh Veggies Mandarin Oranges Milk Variety	Asian Bowl Eggroll Garden Salad Fruity Gelatin Milk Variety	Pizza Choice Baby Carrots Crunchy Broccoli Salad Fruit Brownie Milk Variety
18. Waffles Bacon	19. Cinnamon Roll	20. Breakfast Pizza	21. Sausage Egg Cheese	22. Eggs, Biscuit, Gravy
Country Fried Steak Gravy Mashed Potatoes Okra Roll Strawberry Cup Milk Variety	Meat & Cheese Chalupas Salsa Zesty Cucumbers Refried Beans Lettuce Tomato Rosy Applesauce Milk Variety	Chicken Tenders Texas Toast Gravy Broccoli Sweet Potato Fries Mixed Fruit Crispy Cereal Treat Milk Variety	Pizza Choice Garden Salad Carrots Apple Slices Milk Variety	BBQ on a Bun Coleslaw Savory Green Beans Orange Smiles Milk Variety
25. Sausage Biscuit	26. Breakfast Combo	27. Chicken-n-Waffles	28. Pancakes, Sausage	29. French Toast
Texas Basket Fresh Veggie Cup Mixed Fruit Milk Variety	Chicken Fajitas Charro Beans Tiny Tomato Cup Hot Cinnamon Apples Milk Variety	Calzone Tuscan Vegetables Garden Salad Peaches Cookie Milk Variety	Mascot Bowl Roll Savory Green Beans Apple Slices Milk Variety	Grilled Cheese Sandwich Multigrain Chips Broccoli Bites Fresh Veggie Cup Snowball Salad Milk Variety

# 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.

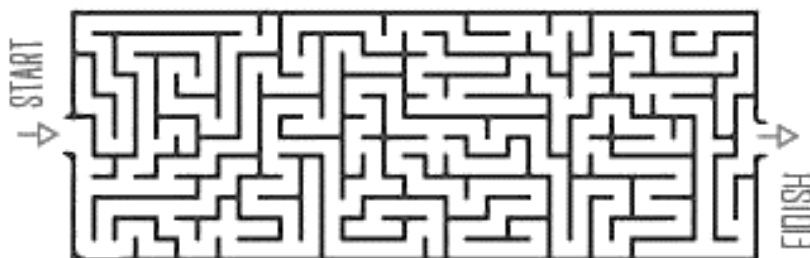
Growth Regions: Central Texas, North Texas, and Trans-Pecos

Peak Growing Season: July - September

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



## Activities



## 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. Now 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

I'M COOL!



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)