

AUGUST

Special Announcements

Breakfast Menu

Serving Time 7:15 to 7:45

- Monday Cereal, Toast, Fruit, Juice, Milk
- Tuesday Waffles, Fruit, Juice, Milk
- Wednesday Toasted Cheese Sandwich, Fruit, Juice, Milk
- Thursday Pancakes, Fruit, Juice, Milk
- Friday Biscuit, Sausage Patty, Fruit, Juice, Milk



Next Month:
Grapes & Cucumbers



Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Chicken Nuggets Mashed Potatoes Gravy Broccoli Peach Slices Wheat Roll Milk	23 Cheese Pizza Garden Salad Corn Pear Slices Milk	24 Taco Salad Brown Beans Lettuce/tomatoes Orange Crackers Milk	25 Sliced Ham Green Beans Baby Carrots Mixed Fruit Wheat Roll Milk	26 Hamburger French Fries Lettuce/tomatoes Apple Milk

29 Spaghetti /Meat Sauce
Corn
Garden Salad
Orange
Breadstick
Milk

30 Chicken Tenders
Mashed Potatoes
Gravy,
Broccoli
Pineapples
Milk

31 Chicken Alfredo
Green Beans
Fresh Tomatoes
Pear Slices
Milk

Good Eats At:

Westphalia ISD

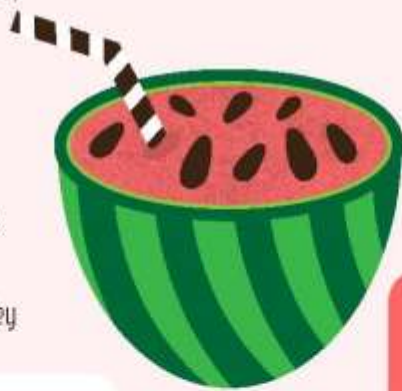
Watermelon

Brainy Snacks: Did you know that watermelon can be considered a fruit or a vegetable! So next time your parents ask you what vegetable you'd like for dinner let them know you want a Texas size piece of watermelon! CHOMP!

How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

Growth Regions: High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

Peak Growing Season: May - October



Word Search

B B N I M A T I V N
 C N I M A T I V O I
 E E N R I T S L N B
 L E A D I O E T T S
 E A R I O M N T S E
 U A R I R A O V S L
 E D L E O T L I L C
 A N T I B O D I E S
 E A O O M E I N R U
 W A A B O S T N L M

Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

Joke of the Month

Q. How do you fix a broken tomato?
 see answer below.

The name says it all! Watermelons are 92% water. Maybe try your next piece with a straw.

Tomatoes

A rainbow of tomatoes - Fruit or vegetable? Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head "to-ma-toes" I still wouldn't be as tall as the world's tallest tomato plant which was measured to be 65 feet tall. That is about six stories tall! Whoa?

Vitamin C: Oranges aren't the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growth Regions: East Texas and Rio Grande Valley

Peak Growing Season: April - November



Visit: SquareMeals.org/SeasonalityWheel