

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Good Eats at:

Westphalia ISD

GET READY

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

Chicken on Bun
French Fries
Baby Carrots
Banana
Milk

9.4

Labor Day

Holiday

4

Chicken Tenders
Mashed Potatoes
Gravy,
Green Peas
Applesauce
Wheat Roll
Milk

5

Salisbury Steak
Brown Rice,
Gravy
Green Beans
Mandarin Oranges
Milk

6

Chicken Fajitas
Sliced Cucumbers
Brown Beans
Mixed Fruit
Milk

7

Ham & Cheese
on Bun
Tater Tots
Lettuce/tomatoes
Apple
Milk

8

+200



+100



+50



Corn Dog
Pork & Beans
Garden salad
Orange
Milk

11

Lasagna
Green Beans
Strawberry cup
Breadstick
Milk

12

Chicken Rings
Mashed Potatoes
Gravy,
Broccoli
Pineapples
Wheat Roll
Milk

13

Frito Pie
Spanish Rice
Brown Beans
Corn
Applesauce
Milk

14

Holiday

15

Chicken Nuggets
Mashed Potatoes
Gravy
Broccoli
Peach Slices
Wheat Roll
Milk

18

Beef Tacos
Brown Beans
Lettuce/tomatoes
Applesauce
Spanish Rice
Milk

19

Sliced Ham
Green Beans
Macaroni & cheese
Pineapples
Milk

20

Stagecoach
Spaghetti
Corn
Mixed Fruit
Breadstick
Milk

21

Hamburger
French Fries
Lettuce/tomatoes
Apple
Milk

22

Cheese Pizza
Corn
Baby Carrots
Banana
Milk

25

Spaghetti /Meat
Sauce
Green Beans
Pineapples
Breadstick
Milk

26

Chicken & Rice
Casserole
Garden Salad
Peach slices
Milk

27

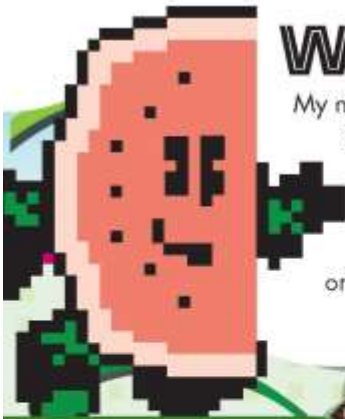
Taco Salad
Brown Beans
Lettuce/tomatoes
Strawberry Cup
Crackers
Milk

28

Hot Dog
Chile/cheese
Tater Tots
Orange
Milk

29

Fun facts on back!



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

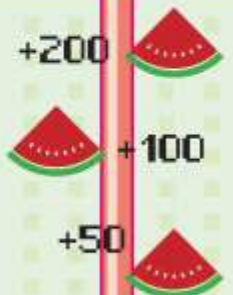
Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

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.