



# AUGUST 2017

MON TUE WED THUR FRI

Good Eats at:

NEW HOME ISD LUNCH MENU

+200  
+100  
+50

Special Announcements

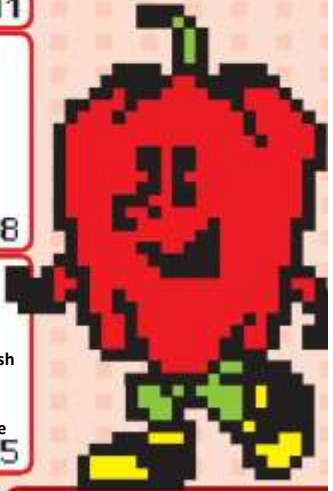
Welcome Back!!!

It's going to be a great year



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

1	2	3	4	
7	8	9	10	11
14	15	16	17	18
<b>Enchiladas</b> Or <b>Taquito Queso</b> Charro Beans Seasoned corn Salsa Fresh Fruit Fruit Crisp 21	<b>Meatball Potato Rounds</b> Or <b>Chili Cheese Combo</b> Fresh Veggie Cup Mixed Fruit 22	<b>Chicken Nuggets</b> Mac & Cheese Savory Green Beans Or Asian Stir-Fry Flatbread Garden Salad Apple Slices 23	<b>Pizza Choice</b> <b>Seasoned Corn</b> Or <b>Fiesta Bowl</b> Red Bell Pepper Fruity Gelatin 24	Hamburger/Cheeseburger Hamburger Garnish Or Frito Pie Lettuce/Tomato Garnish Cucumber Slices Baby Carrots Cinnamon Applesauce Cookie 25
Steak Fingers Gravy Or Breaded Pork Chop Gravy Or Chef Salad Mashed Potatoes Carrot Coins Roll Strawberry & Banana 28	Spaghetti Breadstick Or French Bread Pizza Marinara Sauce Or Chef Salad Garden Salad California Blend Vegetables Fruit Cup Chocolate /Vanilla Pudding 29	Boneless Chicken Wings Or Texas Chili Or Chef Salad Celery Sticks Carrots Sticks Orange Smiles Brownie 30	Mexican Combo Plate 1 Taco, 1Tamale Or Chicken Quesadilla Or Chef Salad Refried Beans Salsa Lettuce/Tomato Sliced Peaches 31	



Fun facts on back! ➔



# Launch PAD

## BELL PEPPER GROWING REGIONS

1. The High Plains
2. North Texas
3. East Texas
4. Central Texas
5. Trans Pecos
6. Winter Garden
7. Coastal Blend
8. Rio Grande Valley



## Fun FACT

Bell peppers were given the name "peppers" by Christopher Columbus and Spanish explorers who were looking for "peppercorn" to make black pepper.

## Packing a PUNCH

One medium-sized red bell pepper contains approximately 150 percent of the recommended daily allowance for vitamin C, making it a great food source for this vitamin.

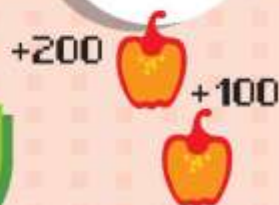
## Finish the PATTERN

Color in the white pepper on each row with either red, yellow or green to properly complete each pattern.

- 1.
- 2.
- 3.

## Red and Yellow BELL PEPPER

I'm Benny Bell Pepper. My family of red and yellow peppers grow everywhere in Texas and are popular cooking ingredients in kitchens all over the world. I am considered the full-grown bell pepper, because I am picked later than other bell peppers. People tell me I have a sweet, almost fruity taste. My yellow brothers and sisters are picked in the middle of their growing time and are in between green and red on how ripe they get. Yellows are a little less sour than the green youngsters.



## Caribbean FIESTA!



### INGREDIENTS

1 tablespoon olive oil • 1 chicken tender, cut into bite-sized pieces • Dash of seasonings like curry, allspice, and scotch bonnet pepper sauce (optional) • 8 blue or yellow corn tortilla chips • 1/4 cup pinto and/or black beans, rinsed and drained • 4 grape tomatoes, chopped • 1/2 red bell pepper, seeded and diced • 1/3 green onion, peeled and chopped • 1 ounce low-fat shredded cheddar jack cheese

### PREPARATION

**1.** In a nonstick skillet, warm the olive oil over medium heat. Add the chicken, season with optional spices, and cook for about 5 minutes, or until cooked through. **2.** Evenly spread the tortilla chips on a plate and evenly distribute chicken, beans, tomatoes, bell peppers, and green onions. Top with cheese and microwave for 1 minute or until cheese is melted.

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

## Joke of the MONTH

Q: What kind of socks do you need to plant bell peppers?

A: Garden hose!

Answer: 1) green - 2) yellow - 3) red

