

# SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

September  
BACK TO SCHOOL  
LABOR DAY  
LEARNING IS FUN!

Good Eats at:  
NEW HOME ISD  
LUNCH MENU

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

Popcorn Chicken  
Or  
Sloppy Joes Sandwich  
Or  
Chef Salad  
Broccoli Bites  
Oven Fries  
Fresh Seasonal Fruit

9.4  
Labor Day

<p><b>NO SCHOOL</b></p> <p>4</p>	<p><b>Breaded Drumstick</b> Texas Toast Or Pizza Choice Santa Fe Salad Baby Carrots Seasoned Corn Fresh Grapes Cookie K-12<sup>th</sup></p> <p>5</p>	<p><b>Crispy Tacos</b> Or Frito Pie Or Santa Fe Salad Fresh Veggie Cup Charro Beans Salsa Apple -Pineapple D'Lite Lettuce /Tomamto Garnish</p> <p>6</p>	<p><b>Lasagna</b> Or Chicken Nuggets Or Santa Fe Salad Garden Salad Tuscan Vegetables Roll Pears</p> <p>7</p>	<p><b>Hamburger/Cheeseburger</b> Hamburger Garnish Or Hot Dog Or Santa Fe Salad Oven Fries Baby Carrots Orange Smiles</p> <p>8</p>
<p><b>Corn Dog</b> Tator Tots Or Oven Roasted Chicken Broccoli Bites Roll Or Chicken Salad Baked Beans Apple-Pineapple D'Lite</p> <p>11</p>	<p><b>Nachos Grande</b> Refried Beans Salsa Lettuce/Tomato Garnish Or Taco Soup w/ Cornbread Or Chicken Salad Tiny Tomato Cup Cucumber Slices Peaches</p> <p>12</p>	<p><b>Chicken Sandwich</b> Oven Fries Or X-Treme Burrito Salsa Seasoned Corn Lettuce/Tomato Or Chicken Salad Fresh Veggie Cup Mandarin Oranges</p> <p>13</p>	<p><b>Asian Bowl</b> Eggroll Or Salisbury Steak Biscuit Roasted Potatoes Or Chicken Salad Garden Salad Fruity Gelatin</p> <p>14</p>	<p><b>Pizza Choice</b> Or Ham &amp; Cheese Melt Or Chicken Salad Baby Carrots Crunchy Broccoli Salad Fresh Seasonal Fruit</p> <p>15</p>
<p><b>Country Fried Steak</b> Gravy Or Meatloaf Or Chicken Fajita Salad Mashed Potatoes Okra Roll Strawberry Cup</p> <p>18</p>	<p><b>Meat &amp; Cheese Chalupas</b> Or Enchiladas Or Chicken Fajitas Salsa Zesty Cucumbers Refried Beans Lettuce/Tomato Garnish Rosv Applesauce</p> <p>19</p>	<p><b>Chicken Tenders</b> Texas Toast Gravy HB/Cheeseburger Hamburger Garnish Or Chicken Fajita Broccoli Sweet Potato Mixed Fruit Crispy Cereal Treat K-12<sup>th</sup></p> <p>20</p>	<p><b>Chicken Spaghetti</b> Breadstick Or Pizza Choice Or Chicken Fajita Salad Garden Salad Carrots Apple Slices</p> <p>21</p>	<p><b>Brownie K-12</b> Shrimp Poppers Mac &amp; Cheese Or BBQ on a Bun Or Chicken Fajita Salad Coleslaw Savory Green Beans Orange Smiles</p> <p>22</p>
<p><b>Texas Basket</b> (Chicken Strips, fries) Or Hamburger/Cheeseburger Hamburger Garnish Oven Fries Or Caribbean Salad Fresh Veggie Cup Mixed Fruit</p> <p>25</p>	<p><b>Tex-Mex Stack</b> Or Chicken Fajitas Or Caribbean Salad Charro Beans Tiny Tomato Cup Salsa Lettuce/Tomato Garnish Hot Cinnamon Apples</p> <p>26</p>	<p><b>Chicken Alfredo</b> Breadstick Or Calzone Or Caribbean Salad Tuscan Vegetables Garden Salad Peaches Cookie (K-12<sup>th</sup>)</p> <p>27</p>	<p><b>Grilled Cheese Sandwich</b> Multigrain Chips Or Country Pot Pie Or Caribbean Salad Broccoli Bites Fresh Veggie Cup Snowball Salad</p> <p>28</p>	<p><b>Chicken Bowl</b> Or Roast Beef Sandwich Mashed Potatoes Or Caribbean Salad</p> <p>29</p>

+200  
+100  
+50



Fun facts on back!



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Good Eats at:

**GET READY**

FOR NATIONAL SCHOOL LUNCH WEEK!

OCTOBER 9-13  
squaremeals.org/nslw

Breakfast Burrito  
Or  
Cereal Variety  
Toast  
Fresh Fruit  
Fruit Juice  
Milk Varietv

9.4

Labor Day

NO SCHOOL  
4

**SAUSAGE KOLACHE**  
Yogurt  
Or  
Muffin  
Fresh Fruit  
Fruit Juice  
Milk Variety 5

**Breakfast Taquito**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 6

**Waffles /Sausage**  
Or  
Cereal Variety  
Fresh Fruit  
Fruit Juice  
Milk Variety 7

**Breakfast Pizza**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 8

+200  
+100  
+50

**Pancakes /Sausage**  
Or  
Cereal Variety  
Fresh Fruit  
Fruit Juice  
Milk Variety 11

**Breakfast Burrito**  
**Hash Browns**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 12

**Biscuit Scrambled Eggs**  
Bacon  
Or  
Muffin  
Yogurt  
Fresh Fruit  
Fruit Juice  
Milk Variety 13

**Sausage Kolache**  
Yogurt  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 14

**Breakfast Club**  
Or  
Cereal Variety /Toast  
Fresh Fruit  
Fruit Juice  
Milk Variety 15

**Waffles/Bacon**  
Or  
Muffin/Yogurt  
Fresh Fruit  
Fruit Juice  
Milk Variety 18

**Cinnamon Roll**  
**Sausage**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 19

**Breakfast Pizza**  
Or  
Cereal Variety/Toast  
Fresh Fruit  
Fruit Juice  
Milk Variety 20

**Sausage, Egg, & Cheese**  
**Sandwich**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 21

**Pita Pocket**  
**Breakfast**  
Or  
Muffin/Yogurt  
Fresh Fruit  
Fruit Juice  
Milk Variety 22

**Sausage Biscuit**  
Or  
Cereal Variety/Toast  
Fresh Fruit  
Fruit Juice  
Milk Variety 25

**Breakfast Combo**  
Or  
**Breakfast Strudel**  
Cheese Stick  
Fresh Fruit  
Fruit Juice  
Milk Variety 26

**Chicken -n- Waffles**  
Or  
**Breakfast Parfait**  
Fresh Fruit  
Fruit Juice  
Milk Variety 27

**Stuffed Bagel**  
Or  
PBJ  
Fresh Fruit  
Fruit Juice  
Milk Variety 28

**Dutch Waffle /Bacon**  
Or  
Muffin/Yogurt  
Fresh Fruit  
Fruit Juice  
Milk Variety 29

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE  
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.



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
- ½ cup red grapes, halved
- ¼ cup walnuts, chopped
- ¼ 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](http://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.