

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUITS

APPLES, ORANGES, MELONS,
PEACHES, STRAWBERRIES

Holiday 7

Chicken Fajitas
Salsa
Garden Salad
Veggie Cup
Fresh Fruit Choice
Milk Variety 14

Steak Fingers
Gravy
Baked Potato
Glazed Carrots
Strawberries &
Bananas, Roll
Milk Variety 21

Bulldog Chicken
Bowl, Gravy
Green Beans
Apple/Pineapple
D'lite, Roll
Milk Variety 28

Country Fried Steak
Mashed Potatoes
Gravy, Roll
Green Beans
Sliced Strawberries
Milk Variety 1

Beef & Bean Burrito
Seasoned Corn
Salsa
Fresh Veggie Cup
Mandarin Oranges
Milk Variety 8

Asian Bowl
Egg Roll
Brown Rice
Baby carrots
Steamed Broccoli
Chilled Pineapple
Milk Variety 15

Chicken Flatbread
Garden Salad
Tuscan Vegetables
Sliced Peaches
Choc. Or Vanilla
Pudding
Milk Variety 22

Spicy Thai Chicken,
Egg Roll
Brown Rice
Tomato-Cucumber cup
Steamed Broccoli
Snowball Salad
Milk Variety 29

Chicken Spaghetti
Breadstick
Garden Salad
Vegetable Medley
Apple Slices
Milk Variety 2

Stuffed Baked Potato
Hot Roll,
Broccoli,
Baked Beans
Apple-Pineapple D'lite
Milk Variety 9

Tex-Mex Stack
Spanish Rice
Refried Beans
Salsa
Tomato Cup
Hot Cinnamon Apples
Milk Variety 16

Enchiladas
Spanish Rice
Mexicali Corn
Charro Beans
Cinnamon
Applesauce
Milk Variety 23

Chicken Alfredo
Breadstick
Garden Salad
Carrot Coins
Apple Slices
Cookie
Milk Variety 30

Frito Pie
Baby Carrots w/
Ranch, Salsa,
Mexicali Corn
Orange Smiles
Cookie
Milk Variety 3

Salisbury Steak
Brown Gravy
Roasted Potatoes
Garden salad
Fruited Gelatin
Milk Variety 10

Cheese Burger.
Lettuce & Tomatoes
Oven Fries
Western Beans
Diced Pears
Milk Variety 17

Teriyaki Beef
Sandwich
Potato Chips
Broccoli Bites
Garden Salad
Orange Smiles
Milk Variety 24



Chicken Rings
Texas Toast
Zesty Cucumbers
Potato Fries
Sliced Peaches
Milk Variety 4

Hot Dog
Corn Chips
Baby Carrots w/Ranch
Crunch Broccoli Salad
Fresh Grapes
Cookie
Milk Variety 11

Pizza Choice
Green Beans
Garden Salad
Apple Slices
Milk Variety 18

Chicken Nuggets
Oven Roasted Fries
Cucumber Dippers
Fresh Fruit Choice
Cookie
Milk Variety 25

GOOD EATS AT:

Zephyr School

SPECIAL ANNOUNCEMENTS

K-12

Adult Breakfast \$2.50

Lunch –

K -12 \$2.35

Adults \$3.00



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S SEPTEMBER, the start of the fall season. Fall is harvest season for many crops in Texas—which means there's a wealth of good things out there to eat. So let's get started Explorers!

FOOD: Apples

REGIONS WITH FRESH SELECTIONS:

Apples grow in the Texas Panhandle and some areas of Northeast and Central Texas.

DISTINGUISHING CHARACTERISTICS:

While you might think of an apple as a bright red fruit, you can find apples that are green, yellow, orange, pink or even multicolored.



WHAT TO KNOW:

If you are looking for a healthy snack, it's hard to do better than an apple. They are low in calories and high in fiber. While a peeled apple is delicious eating, the apple with its skin gives you extra nutritional benefits. This fall, look for fruits and vegetables that add color to your plate.

FUN FACT:

Apple trees take four to five years to produce their first fruit.



STATE FAIR OF TEXAS



Hi Kids! Did you know the Great Plate of Texas will be featured at the State Fair of Texas? "Discover" our booth located at the Food and Fiber Pavilion from September 25–October 18 in Dallas, TX. See you there!

COMING IN OCTOBER:
NATIONAL SCHOOL LUNCH WEEK!



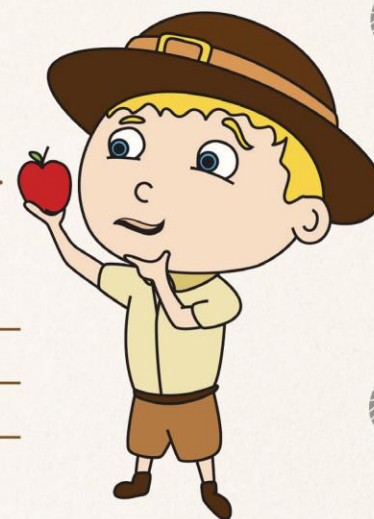
EXPLORER'S NOTEBOOK:

Research supports the old saying "AN APPLE A DAY HELPS KEEP THE DOCTOR AWAY" because apples contain antioxidants that help keep you from getting sick.

EXPLORER'S ACTIVITY:

There are many varieties of apples available in your local supermarket. Identify three different varieties of apples and list them below.

- _____
- _____
- _____



APPLE SALAD RECIPE

(MAKES 8 SERVINGS)

Ingredients:

- 2 cups Apples (diced)
- 1 cup Celery (diced)
- 1/2 cup Raisins
- 1/2 cup Walnuts (if you like)
- 2 tbsp Salad dressing or mayonnaise
- 1/2 tbsp Orange juice



Directions:

- Mix orange juice with salad dressing or mayonnaise.
- Toss apples, celery and raisins with dressing mixture.
- If using walnuts, add that too.

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