

# SEPTEMBER

## Special Announcements



HAVE A GRAPE DAY!

THANKS A BUNCH!



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Get ready to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016

1 Breakfast Strudel  
Yoghurt  
Fruit  
Fruit juice  
Milk Variety

2 Breakfast Burrito  
Fruit  
Fruit juice  
Milk Variety

5  
**LABOR DAY**

6 Cheese Omelet Wrap  
or  
Cereal w/Toast  
Juice, Fruit Choice  
Milk Variety

7 Breakfast Pizza or  
Cereal w/ Toast  
Fruit  
Fruit Juice  
Milk Variety

8 Waffles w/Sausage  
Or Cereal w/Toast  
Fruit  
Fruit juice  
Milk Variety

9 Cinnamon Roll  
Bacon or  
Cereal Variety  
Fruit  
Fruit juice  
Milk Variety

12 Pancakes w/ Bacon  
Cereal w/ Toast  
Juice  
Fruit Choice  
Milk Variety

13 Sunrise sandwich  
Or Cereal w/Toast  
Fruit  
Fruit Juice  
Milk Variety

14 Biscuit and Gravy  
Scrambled Eggs  
Sausage  
Fruit  
Fruit Juice  
Milk Variety

15 Breakfast Strudel  
Yoghurt  
Fruit  
Fruit juice  
Milk Variety

16 Breakfast Burrito  
Fruit  
Fruit juice  
Milk Variety

19 Kolache w/Yogurt  
or  
Cereal w/ Toast  
Juice , Fruit Choice  
Milk Choice

20 Cheese Omelet Wrap  
or  
Cereal w/Toast  
Juice, Fruit Choice  
Milk Variety

21 Breakfast Pizza or  
Cereal w/ Toast  
Fruit  
Fruit Juice  
Milk Variety

22 Waffles w/Sausage  
Or Cereal w/Toast  
Fruit  
Fruit juice  
Milk Variety

23 Cinnamon Roll  
Bacon or  
Cereal Variety  
Fruit  
Fruit juice  
Milk Variety

26 Pancakes w/ Bacon  
Cereal w/ Toast  
Juice  
Fruit Choice  
Milk Variety

27 Sunrise sandwich  
Or Cereal w/toast  
Fruit  
Fruit Juice  
Milk Variety

28 Biscuit and Gravy  
Scrambled Eggs  
Sausage  
Fruit  
Fruit Juice  
Milk Variety

29 Breakfast Strudel  
Yoghurt  
Fruit  
Fruit juice  
Milk Variety

30 Breakfast Burrito  
Or Cereal Variety  
Fruit  
Fruit juice  
Milk Variety

# Grapes



Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending on what types and colors you like to eat.

**Wait, Before you eat those grapes...Make Raisins!** Next time you have grapes at home, ask your parents to help you make homemade raisins. You'll need grapes with all the stems removed and an oven.

**Chill out with a grape:** You can also put grapes in the freezer for a cool and tasty treat to fight off the hot Texas heat.

**Growth Regions:** Central Texas, North Texas, and Trans Pecos

**Peak Growing Season:** July - September



## Joke of the Month

Q. Why aren't grapes ever lonely?

see answer below.

**Berry Old:** America's oldest grapevine is 400 years old and is located on Roanoke Island, North Carolina.



Growing Regions

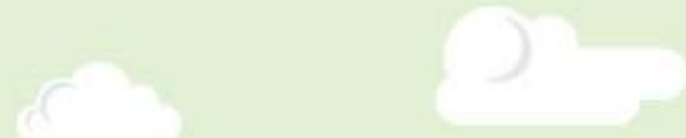
# Cucumbers

**Too Cool for Cucumbers** Have you heard the expression "cool as a cucumber"? Cucumbers can be up to 20 degrees cooler than the outside air. Wow that sounds refreshing when you are talking about the Texas heat. They also contain almost 95% water! So the next time you are feeling hot, eat a cucumber to cool down.

Cucumbers are a good source of Vitamin A, which is good for your eyes. They are also a very good source of Vitamin C, which helps to keep you from getting sick.

**Growth Regions:** East Texas, Rio Grande Valley, and Winter Garden

**Peak Growing Season:** April - December



Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)