

SEPTEMBER



Special Announcements

Daily Alternate Meal Choice

- Grape or Strawberry P B & J Sandwich
- Fruit
- Vegetable
- Milk Variety



Monday	Tuesday	Wednesday	Thursday	Friday
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Good Eats At:

Zephyr I S D



Salisbury Steak,
Biscuit, Brown Gravy,
Roasted Potatoes
Garden Salad
Fruity Gelatin
Milk Variety

Pizza Choice
Baby Carrots
Crunchy Broccoli Salad
Fresh Grapes, Cookie
Milk Variety

5
Out

LABOR DAY

6 Asian Orange Chicken
Egg Roll
Steamed Broccoli
Chilled Pineapple
Sugar Pineapple
Milk Variety

7 Chicken Fajitas
Lettuce & Tomato
Refried Beans, Salsa,
Tiny Tomato Cup
Hot Cinnamon Apples
Milk Variety

8 Pulled Pork Slider
Multi- Grain Chips
Coleslaw
Green Beans
Apple Slices
Milk Variety

9 Cheeseburger
Hamburger Salad
Oven Fries
Fresh Veggie Cup
Orange Smiles
Milk Variety

12 Steak Fingers
Gravy, Hot Roll
Mashed Potatoes
Carrot Coins
Strawberries & Bananas
Milk Variety

13 Spaghetti Bowl
Breadstick, California
Blend Vegetables
Garden Salad
Sliced Peaches
Choc./Vanilla Pudding
Milk Variety

14 Teriyaki Beef Sliders
Baked Potato Chips
Broccoli Bites
Tiny Tomato Cup
Orange Smiles
Milk Variety

15 Chicken Quesadilla
Mexicali Corn
Chara Beans, Salsa
Lettuce & Tomato Salad
Cinnamon Applesauce
Milk Variety

16 Sloppy Joe Sandwich
Oven Fries
Cucumber Dippers
Fresh Fruit
Cookie
Milk Variety

19 Philly Cheese Steak Sand.
Potato Rounds
Green Beans
Apple-Pineapple
Milk Variety

20 Asian Sichuan Chicken
Egg Roll, Garden Salad
Tomato-Cucumber Cup
Snowball Salad
Milk Variety

21 Chicken Alfredo
Tuscan Vegetables
Breadstick
Baby Carrots
Apple Slices, Cookie
Milk Variety

22 BBQ on a Bun
Coleslaw
Pinto Beans
Orange Smiles
Milk Variety

23 Pizza
Broccoli Bites
Baby Carrots
Mixed Fruit
Milk Variety

26 Taquitos & Queso
Charro Beans
Garden Salad
Cinnamon Apples
Milk Variety

27 Chili Cheese Combo
Fresh Veggie Cup
Fresh Fruit
Choc./Vanilla Pudding
Milk Variety

28 Fiesta Bowl
Garden Salad
Tomato Cup
Fruit Cup
Milk Variety

29 Chicken Nuggets
Mac & Cheese
Green Beans
Broccoli
Apple Slices
Milk Variety

30 Cheeseburger
Hamburger Salad
Oven Fries
Baby Carrots
Crispy Cereal Treat
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