

SEPTEMBER



Special Announcements

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Breakfast includes Fruit Juice & Milk. There is choice between Cereal & Graham Cracker every day. In addition to daily fruit, High School grades 9-12 are offered fresh fruit or fruit juice at lunch.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER RIC MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Santa Anna Cafeteria

Go Fight Win Mountaineer!!!

Menu subject to change without Notice



1 Salisbury steak
Brown Gravy
Roasted Potatoes
Garden salad
Fruity Jell-O
Biscuit
Choice of Milk
BRK FTS & Yogurt

2 Hot Dog
Corn Chips
Baby carrots
Broccoli Bites
Fresh Apples
Brownie
Choice of Milk
BRK: Muffin & Sausage Link:

5 School
Holiday!!!

6 Pizza
Baby carrots
Steamed Broccoli
Chilled Pineapple
Chocolate /Vanilla
pudding
Choice of Milk
BRK: Pancake on stick

7 Chicken nuggets
Mashed potatoes
Green Beans
Fresh Orange Smiles
Roll
Choice of Milk
BRK: BRK Pizza

8 Chicken fajitas
Refried Beans
Salsa
Garden salad
Hot cinnamon Apples
Choice of Milk
BRK: Sausage Biscuit &
Gravy

9 Hamburger w Cheese
Baked Chips
HB Garnish
Pinto Beans
Carrots Sticks
Apple Slices/ Cookie
Choice of Milk
BRK: Cinnamon Roll

LABOR DAY

12 Pizza
Garden salad
California Blend
Sliced Peaches
Chocolate /Vanilla
pudding
Choice of milk
BRK: Sausage Roll

13 Pop Corn chicken
Oven Fries
Cucumber Dipper
Fresh Apple
Cookie
Choice of Milk
BRK: Pancake & Ham

14 Steak Finger w/gravy
Mashed potatoes
Carrots Coins
Strawberries & Bananas
Roll
Choice of Milk
BRK: BRK Pizza

15 Chicken Quesadilla
Seasoned Corn
Charro Beans
Salsa, L & T Garnish
Cinnamon Hot Apples
Choice of Milk
BRK: Biscuit
Scrambles Eggs ham

16 BBQ Rib on Bun
Baked Chips
Broccoli bites
Tiny Tomatoes Cup
Orange Smiles
Choice of Milk
BRK: Muffin & Sausage
Links

19 Chicken on Bun
Oven fries
Pork -n- Beans
Peaches
Choice of Milk
BRK: BRK Pizza

20 Asian bowl
Egg Roll
Tomato Cucumber Cup
Garden Salad
Snowball salad
Choice of Milk
BRK: FTS & Sausage

21 Chicken Alfredo
Green Beans
Carrots Coins
Fresh Apple Slices
Breadstick
Choice of Milk
BRK: Pancake on Stick

22 Pizza
Broccoli Bites
Baby Carrots
Mixed fruit
Choice of Milk
BRK: Biscuit & Gravy

23 BBQ on Bun
Baked Chips
Pinto Beans
Coleslaw
Orange Smile
Choice of Milk
BRK: Cinnamon Roll & Bacon

26 Corn Dog
Oven Fries
Baby carrots
Sliced Peaches
Crispy cereal Treat
Choice of Milk
BRK: Oatmeal Round &
Yogurt

27 Chili Cheese
Combo
Fresh veggie
Orange Smiles
Choice of Milk
BRK: Stuff Bagel

28 Pizza
Green beans
Tiny Tomato Cup
Fruit Cup
Choice of Milk
BRK: PBJ Sandwich

29 Taquitos & Queso
Charro Beans
Garden salad
Hot Cinnamon Apples
Choice of Milk
BRK: Chicken & Biscuit

30 Hamburger/cheese
Baked chips/ HB Garnish
Pinto Beans
Carrots Sticks
Apple Sliced / Cookie
Choice of Milk
BRK: Egg Cheese
Sandwich

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.



Growing Regions

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



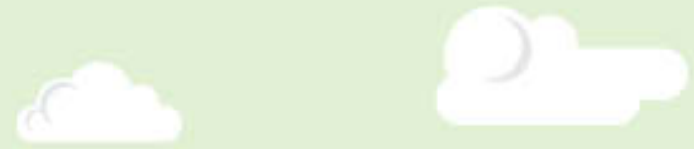
Cucumbers

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