Melon World

Walter Watermelon x 09

SEPTEMBER 2017

Special Announcements

Offer Daily
FF chocolate Milk
1% White Milk

(Monday, Wednesday,Friday)

Chef salad w/ Ham & Wheat Bread stick'

(Tuesday & Thursday)
Chicken Fajita Salad & Wheat Bread Stick

Good Eats at:

High School
Tiger Cafe

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!

OCTOBER 9-13

squaremeals.org/nslw

MON	TUE	WED	THUR	FRI
Holiday Labor day 4	Chicken Quesadillas BBQ Chicken Wheat Roll Mashed Potatoes Fresh Carrot Sticks w/Dip Fresh Grape Chilled Peaches Chocolate Pudding 5	Meatball Sub Potato Tots Herb Roasted Broccoli Spinach Salad w/ Dressing fresh Grape Fresh Apple Chocolate Cookie 6	Orange Chicken Fried Rice Asian Squash Cucumber Slices Ranch Dressing Banana Fresh Apple 7	Pepperoni Pizza Burrito Corn Fresh Carrots Sticks w/Dip Salsa Fresh Orange Blueberries Chocolate Pudding 8
Salisbury Steak w/ Brown Gravy Glazed Carrots Garden salad w/ Dressing Wheat Roll Fresh Orange Chilled Peaches 11	Corn Dog Pepperoni Pizza Baked Beans Celery Stick w/Dip Fresh Grape Chilled Fruit Cocktail Chocolate Chip Cookie 12	Chicken Alfredo Wheat Bread Stick Cheese Pizza Fresh Carrot Stick Veggie Dippers Ranch Dressing Cantaloupe Pineapple Tidbits 13	Steak Fingers Wheat Roll Potato Tots Garden Salad w/ Dressing Chilled Fruit Cocktail Banana Ketchup 14	Chicken Tenders Wheat Roll Mashed Potatoes Pinto Beans Watermelon Wedge Applesauce Country Gravy Ketckup 15
Steak Fingers Wheat Roll Curly Fries Green Beans Chilled Fruit Cocktail Fresh Apple Chocolate Chip Cookie 18	Ham & Cheese Ciabatta Pepperoni Pizza Garden Salad w/ Dressing Steamed Carrots Chilled Peaches Fresh Grape Mayo, Mustard 19	Rotini with Marinara Meatball Herb Roasted Broccoli Spinach Salad w/ Dressing Pineapple Tidbits Watermelon Wedge Vanilla Pudding 20	Orange Chicken Fried Rice Baked Zucchini Carrot Sticks Ranch Dressing Banana Mandarin Orange Wheat Roll 21	Pepperoni Pizza Burrito Corn Cucumber Slices w/ Dip Salsa Fresh Orange Blueberries 22
Chicken Nuggets Wheat Roll Potato Wedges Carrots Sticks w/ Dip Applesauce Fresh Orange Country Gravy Chocolate Chip Cookie 25	Chili Cheese Frito Pie Spanish Rice Spinach Salad w/ Dressing Veggie Dippers Fresh Apple Fresh Grape 26	Chicken Tenders Wheat Roll Mashed Potatoes Green Beans Chilled Peaches Watermelon Wedge Country Gravy Ketchup 27	Chicken Quesadillas Pepperoni Pizza Corn Garden Salad Ranch dressing Salsa Banana Pineapple Tidbits 28	Steak Fingers Wheat Roll Mashed Potatoes Herb Roasted Broccoli Fresh Apple Mandarin Orange Country Gravy Ketchup 29

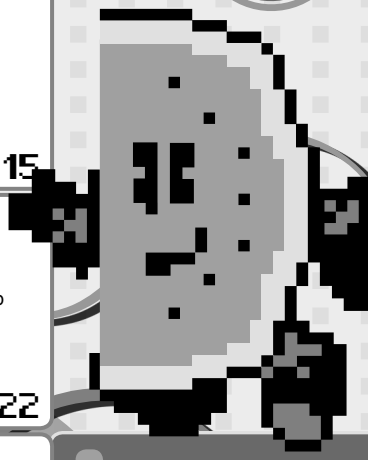
MON	TUE	WED	THUR	FRI
				Beef Nachos Spanish Rice Corn Garden salad w/Dressing Salsa Blueberries Mandarin Orange 1

9.4
Labor Day

+200

+100

+50



Fun facts on back!

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

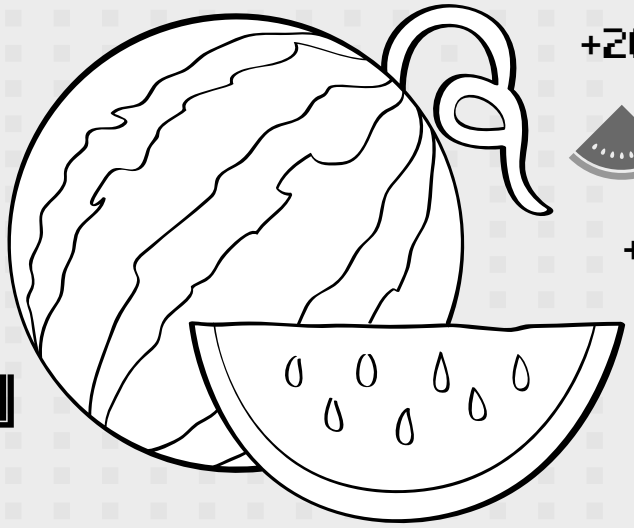
WATERMELON

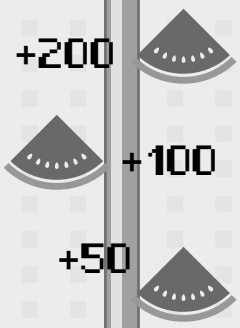
My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.

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.

Squash It!

As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.





Color the MELON

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

Joke of the MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.

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