

AUGUST

Special Announcements

WELCOME BACK

LOOKING FORWARD TO A GREAT SCHOOL YEAR!

Next Month:
Grapes & Cucumbers



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BUD MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

20
SLOPPY JOE
FRIES
CUCUMBERS
FRUIT
COOKIE
MILK

27
CHICKEN QUESADILLAS
MEXICALLI CORN
CHARRO BEANS
CINN. APPLESAUCE
MILK

24
PORK CHOP
MASHED POTATOES
GRAVY
CARROTS
ROLL
FRUIT
MILK

25
GR. HAM & CHEESE
BAKED CHIPS
BROCCOLI BITES
SALAD
FRUIT
MILK

26
PIZZA
SALAD
MIXED VEGETABLES
PEACHES
PUDDING
MILK

28
MINI CORN DOGS
BAKED BEANS
BROCCOLI
APPLE-PINEAPPLE
D'LITE
MILK

30
BURRITO
PINTO BEANS
FRESH VEGGIES
MANDARIN ORANGES
MILK

31
CHICKEN FRIED STEAK
MASHED POTATOES
GRAVY
GREEN BEANS
ROLL
FRUIT
MILK

Good Eats At:

MCLEAN CAFETERIA

Watermelon

Brainy Snacks: Did you know that watermelon can be considered a fruit or a vegetable! So next time your parents ask you what vegetable you'd like for dinner let them know you want a Texas size piece of watermelon! CHOMP!

How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

Growth Regions: High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

Peak Growing Season: May – October



Activities

Word Search

B B N I M A T I V N
C N I M A T I V O I
E E N R I T S L N B
L E A D I O E T T S
E A R I O M N T S E
U A R I R A O V S L
E D L E O T L I L C
A N T I B O D I E S
E A O O M E I N R U
W A A B O S T N L M

Word Bank

- ☐ WATERMELON
- ☐ VITAMIN B
- ☐ TOMATOES
- ☐ VITAMIN C
- ☐ ANTIBODIES
- ☐ MUSCLES

Joke of the Month

Q. How do you fix a broken tomato?
see answer below.

The name says it all! Watermelons are 92% water. Maybe try your next piece with a straw.

Tomatoes

A rainbow of tomatoes – Fruit or vegetable? Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head “to-ma-toes” I still wouldn’t be as tall as the world’s tallest tomato plant which was measured to be 65 feet tall. That is about six stories tall! Whoa?

Vitamin C: Oranges aren’t the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growth Regions: East Texas and Rio Grande Valley

Peak Growing Season: April – November



Visit: SquareMeals.org/SeasonalityWheel

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SAUSAGE KOLACHE
YOGURT
FRUIT
JUICE
MILK

27
CHEESE OMELET
FRUIT
JUICE
MILK

24
BREAKFAST PIZZA
FRUIT
JUICE
MILK

25
WAFFLES
SAUSAGE
FRUIT
JUICE
MILK

26
MUFFIN
YOGURT
FRUIT
JUICE
MILK

29
SAUSAGE BISCUIT
FRUIT
JUICE
MILK

30
DUTCH WAFFLE
BACON
FRUIT
JUICE
MILK

31
SCRAMBLED EGGS
BISCUIT & GRAVY
FRUIT
JUICE
MILK

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