

# SEPTEMBER



## Special Announcements



Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

DILLER ODELL PUBLIC  
SCHOOL



1 CHEESE OMELET  
WHEAT TOAST  
MANDARIN ORANGES  
MILK

2 POP TART  
FRUIT  
JUICE  
MILK

5 NO SCHOOL

6 FRUIT  
SMOOTHIE  
CEREAL BAR  
JUICE  
MILK

7 PANCAKE & SAUSAGE  
ON A STICK  
PINEAPPLE  
JUICE  
MILK

BREAKFAST BURRITO  
MANDARIN ORANGES  
JUICE  
MILK

9 POP TART  
FRUIT CHOICE  
JUICE  
MILK

LABOR DAY

12 CEREAL  
WHEAT TOAST  
PEARS  
JUICE  
MILK

13 BISCUITS & GRAVY  
PINEAPPLE  
JUICE  
MILK

14 FRENCH TOAST STIX  
FRESH FRUIT  
JUICE  
MILK

15 PANCAKES  
APPLESAUCE  
JUICE  
MILK

16 POP TART  
FRUIT CHOICE  
JUICE  
MILK

19 CEREAL  
WHEAT TOAST  
MIXED FRUIT  
JUICE  
MILK

20 BAGEL  
GRAPES  
JUICE  
MILK

21 PANCAKE & SAUSAGE  
ON A STICK  
PINEAPPLE  
JUICE  
MILK

22 NO SCHOOL

23 NO SCHOOL

26 CEREAL  
WHEAT TOAST  
PEACHES  
JUICE  
MILK

27 BREAKFAST PIZZA  
PEARS  
JUICE  
MILK

28 FRENCH TOAST STIX  
FRESH FRUIT  
JUICE  
MILK

29 WAFFLES  
APPLESAUCE  
JUICE  
MILK

30 POP TART  
FRUIT  
JUICE  
MILK

# SEPTEMBER



HAVE A GRAPE DAY!

THANKS A BUNCH!

## Special Announcements

FRESH FRUIT AND  
VEGETABLE BAR SERVED  
DAILY

MILK CHOICE SERVED  
DAILY



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER HIG MILLER

Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

DILLER ODELL PUBLIC SCHOOL  
JR & SR HIGH



5 NO SCHOOL

6 MINI CORNDOGS  
STEAMED CARROTS  
APPLESAUCE  
MILK

7 CHICKEN FAJITA  
FRESH VEGGIES  
FRESH FRUIT  
SNICKERDOODLE  
COOKIE  
MILK

8 SLOPPY JOE ON WG  
BUN  
PEAS  
APRICOTS  
MILK

9 ITALIAN DUNKERS  
LETTUCE SALAD  
FRUIT CHOICE  
PEANUT BUTTER BAR  
MLK

LABOR DAY

12 BBQ PORK  
ON WG BUN  
POTATO WEDGES  
PINEAPPLE  
MILK

13 GENERAL TSO'S  
CHICKEN WRAP  
FRESH VEGGIES  
PEACHES  
SHERBET CUP  
MILK

14 SPAGHETTI &  
MEATSAUCE  
LETTUCE SALAD  
PEARS  
GARLIC TOAST  
MILK

15 BREADED PORK  
PATTIE  
SCALLOPED POTATOES  
TROPICAL FRUIT SALAD  
WG ROLL  
MILK

16 FIESTADO  
CORN  
FRUIT CHOICE  
MILK

19 SALISBURY STEAK  
MASHED POTATOES  
MIXED FRUIT  
OATMEAL ROLL  
MILK

20 PIG IN A BLANKET  
BAKED BEANS  
PINEAPPLE  
MILK

21 MINI MEATBALL SUB  
LETTUCE SALAD  
FRESH FRUIT  
GELATIN CUP  
MILK

22 NO SCHOOL

23 NO SCHOOL

BBQ RIB ON WG BUN  
POTATO SMILES  
APRICOTS  
MILK

27 TURKEY ALA KING  
BISCUIT  
PEACHES  
MILK

28 BIEROCK  
OR  
PBJ  
FRENCH FRIES  
FRESH FRUIT  
MILK

29 GOULASH  
GREEN BEANS  
APPLESAUCE  
CORN MUFFIN  
MILK

30 STROMBOLI  
FRESH VEGGIES  
FRUIT CHOICE  
MILK



# 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

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



START



FINISH

## Activities

### Joke of the Month

**Q.** Why aren't grapes ever lonely?

see answer below.



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

I'M COOL!



CUCUMBER

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