

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

Good Eats at:
DILLER ODELL PUBLIC SCHOOL

GET READY
FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

POP TART
FRUIT JUICE
MILK

9.4

Labor Day

NO SCHOOL

4

BISCUITS & GRAVY
PINEAPPLE JUICE
MILK

5

FRENCH TOAST STIX
FRESH FRUIT JUICE
MILK

6

PANCAKES
APPLESAUCE JUICE
MILK

7

POP TART
FRUIT JUICE
MILK

8

+200

+100

+50

CEREAL
TOAST
FRUIT JUICE
MILK

11

SMOOTHIE
CEREAL BAR
FRUIT JUICE
MILK

12

PANCAKE & SAUSAGE
ON A STICK
PINEAPPLE JUICE
MILK

13

BREAKFAST BURRITO
FRESH FRUIT JUICE
MILK

14

POP TART
FRUIT JUICE
MILK

15

CEREAL
TOAST
FRUIT JUICE
MILK

18

BREAKFAST PIZZA
PINEAPPLE JUICE
MILK

19

FRENCH TOAST STIX
FRESH FRUIT JUICE
MILK

20

NO SCHOOL

21

NO SCHOOL

22

CEREAL
TOAST
FRUIT JUICE
MILK

25

BAGELS
GRAPES JUICE
MILK

26

PANCAKE & SAUSAGE
ON A STICK
PINEAPPLE JUICE
MILK

27

EGG & CHEESE
OMELET TOAST
MANDARIN ORANGES
MILK

28

HAM & CHEESE
TAC-GO
FRUIT JUICE
MILK

29

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

FRESH FRUIT & VEGETABLE BAR
SERVED DAILY

MILK CHOICE SERVED DAILY

Good Eats at:

DILLER ODELL PUBLIC SCHOOL
JR & SR HIGH

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

CHILI CRISPIITOS
COTTAGE CHEESE
SPANISH RICE
CORN
FRESH FRUIT
MILK

9.4

Labor Day

LABOR DAY
NO SCHOOL

4

ITALIAN DUNKERS
LETTUCE SALAD
FRESH FRUIT
PEANUT BUTTER
BAR
MILK

5

TACO SALAD
CORN
FRESH FRUIT
CEREAL BAR
MILK



6

FISH SANDWICH
BAKED BEANS
COLESLAW
PINEAPPLE
MILK

7

SLOPPY JOE
POTATO ROUNDS
APRICOTS
MILK

8

+200 
+100 
+50 

DELI ROAST BEEF
SANDWICH
POTATO WEDGES
PEACHES
MILK

11

NACHO GRANDE
CORN
FRUIT SALAD
SUGAR COOKIE
MILK

12

BBQ PORK
SANDWICH
POTATO WEDGES
PINEAPPLE
MILK

13

SPAGHETTI &
MEATSAUCE
LETTUCE SALAD
PEARS
GARLIC TOAST
MILK

14

CRISPY CHICKEN
WRAP
PEAS
FRUIT CHOICE
SHERBET CUP
MILK

15

BBQ RIB ON BUN
POTATO SMILES
APRICOTS
MILK

18

~~BBQ~~ OR PBJ
FRENCH FRIES
FRESH FRUIT
MILK

19

MINI CORNDOGS
GREEN BEANS
APPLECRISP
MILK

20

NO
SCHOOL

21

NO
SCHOOL

22

BREADED PORK
PATTIE
SCALLOPED
POTATOES
PEAS
TROPICAL FRUIT
ROLL MILK

25

CHICKEN
DRUMSTICKS
MASHED POTATOES
GREEN BEANS
FRUIT SALAD
DINNER ROLL
MILK

26

FIESTADO
CORN
FRESH FRUIT
MILK


27

CHICKEN ALA KING
BISCUIT
PEACHES
MILK

28

CHICKEN FAJITA
REFRIED BEANS
FRUIT CHOICE
PUDDING CUP
MILK

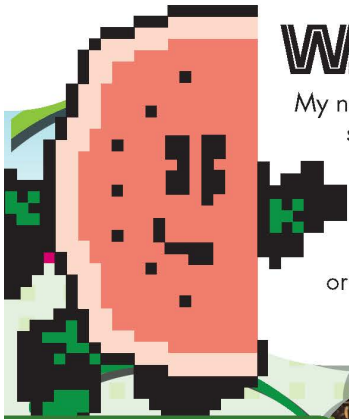
29

Fun facts
on back! 



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





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.

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.

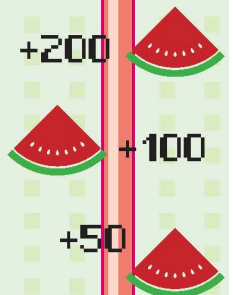
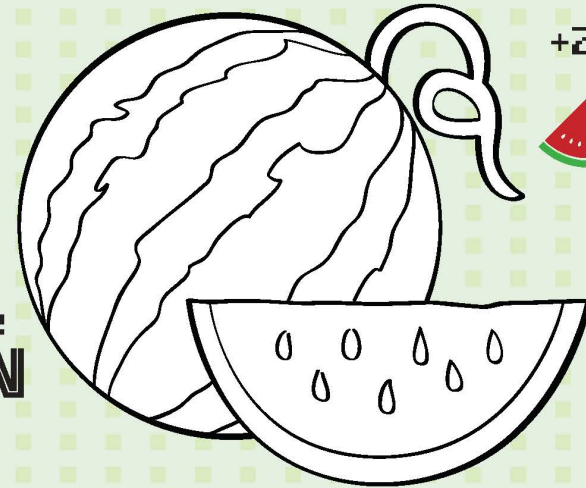
LAUNCH PAD

WATERMELON GROWING REGIONS



1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley

COLOR THE MELON



Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 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



Joke of the MONTH

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

A: When you're eating a watermelon.