

# AUGUST

## Special Announcements

Welcome Back!  
Joaquin ISD  
Breakfast Menu

Next Month:  
Grapes &  
Cucumbers



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Chicken-n-Biscuit & Jelly Cinnamon Toast Assorted Cereals Applesauce Assorted Juice	23 Breakfast Pizza Pop-Tart Assorted Cereals Mandarin Oranges Assorted Juice	24 Mini Blueberry Pancakes w/ Syrup Cheese Toast Assorted Cereals Orange Smile Assorted Juice	25 Sausage & Biscuit w/ Gravy & Jelly Cinnamon Toast Assorted Cereals Diced Peaches Assorted Juice	26 Cinnamon Roll Pop-Tart Assorted Cereals Fresh Crisp Apple Assorted Juice
29 Kolache & Jelly Cinnamon Toast Assorted Cereals Applesauce Assorted Juice	30 Mini Blueberry Pancakes w/ Syrup Cheese Toast Assorted Cereals Orange Smile Assorted Juice	31 Pancake on Stick w/ Syrup Cheese Toast Assorted Cereals Orange Wedges Assorted Juice	<div data-bbox="1109 1837 1440 1875" data-label="Section-Header"> <h3>Good Eats At:</h3> </div> <div data-bbox="1031 1919 1596 2011" data-label="Text"> <p>Elementary \$2.75 Junior High High School \$2.75 Adult \$2.25</p> </div>	

Choice of milk everyday: White 1%

# 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



## 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](http://SquareMeals.org/SeasonalityWheel)