

AUGUST

Special Announcements

Welcome Back!
Joaquin ISD
Lunch Menu

Next Month:
Grapes & Cucumbers



Monday

Tuesday

Wednesday

Thursday

Friday

1

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3

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5

8

9

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11

12

15

16

17

18

19

22

Chef Salad Tray
Stuffed Crust Pizza
Green Beans
Glaze Carrots
Salad Veggie Bar w/Ranch
Applesauce Cherry
Diced Pears Cup

23

Hoagie Sandwich Tray
Hot Dog on Bun
w/Chili
Baked Beans
Baked Chips
Salad Veggie Bar w/Ranch
Red Grapes
Mandarin Oranges

24

Chef Salad Tray
Chicken Ring Things
w/ Brown Gravy
Mashed Potatoes
Broccoli w/ Cheese
Salad Veggie Bar w/Ranch
Hot Wheat Roll
Orange Smile
Honeydew Bites

25

Southwestern Salad Tray
Totally Taco
Seasoned Corn
Steamed Sweet Potato
Salad Veggie Bar w/Ranch
Salsa & Peppers
Strawberry Cup
Cool Diced Peaches

26

Chicken Burger
Hamburger
Cheese
Crinkled Potato
Salad Veggie Bar w/Ranch
Fresh Crisp Apple
Orange Shape Up

29

Chef Salad Tray
Cheeze Chicken Spaghetti
Black-eyed Peas
Turnip Greens
Corn Bread & Peppers
Salad Veggie Bar w/Ranch
Applesauce Birthday
Fruit Cocktail

30

Hoagie Sandwich Tray
Bar B Q Rib Sandwich
Ranch Beans
Salad Veggie Bar w/Ranch
Watermelon
Mandarin Oranges

31

Chef Salad Tray
Salisbury Steak
w/ Brown Gravy
Mashed Potatoes
Mixed Vegetables
Hot Wheat Roll
Salad Veggie Bar w/Ranch
Orange Wedges
Pineapple Cubes

Good Eats At:

Elementary \$2.50 Junior High \$2.50
High School \$2.75 Adult \$3.50

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