

SEPTEMBER

Special Announcements

Go Tigers!!

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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BO MILLER

HAVE A GRAPE DAY!

THANKS A BUNCH!

Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Tenaha ISD
Elementary & Junior High

Get ready
to "Vote for a
Winning Lunch"
during
National School
Lunch Week!
October 10-14
2016

Breakfast-Sausage,
Biscuit
Lunch- Chicken
Taco, lettuce, cheese,
pinto beans,
pineapple, milk

Breakfast-Waffles,
fruit, juice, milk
Lunch- Tiger Burger,
fixins, fries, milk,
applesauce

5
Breakfast- Mini
Pancakes
Lunch- Pizza, corn,
salad, oranges, milk

6
Breakfast- Omelet,
toast
Lunch-Baked Potato,
ham, cheese, bread
stick, broccoli, fruit,
milk

7
Breakfast- French
toast sticks
Lunch-Grilled
cheese, sweet potato
tots, salad, peaches,
milk

8
Breakfast- Pancake on
a stick
Lunch-
Tiger chicken, fixins,
fries, fruit, milk

LABOR DAY

9
Breakfast- Pizza
Lunch-Nachos, meat,
cheese, pinto beans,
fruit, pineapple

10
Breakfast- Scrambled
eggs, toast
Lunch-BBQ sandwich,
black eyed peas, sweet
potato tots, fruit, milk

11
Breakfast- Pizza
Lunch- Chicken fried
steak, potatoes,
gravy, corn, pears,
milk

12
Breakfast- Sausage,
toast
Lunch-Hot ham &
cheese, pickle spears,
broccoli, chips, milk

13
Breakfast-Waffles,
fruit, juice, milk
Lunch- Tiger Burger,
fixins, fries, milk,
applesauce

14
Breakfast- Biscuit,
gravy
Lunch- Soft taco,
lettuce, cheese,
refried beans,
pineapple, milk

15
Breakfast- Chicken
Biscuit
Lunch- Stuffed crust
Pizza, salad, carrot
sticks, peaches, milk

16
Breakfast- Biscuit,
gravy
Lunch- Spaghetti,
garlic toast, corn on
cob, salad, peaches,
milk

17
Breakfast- Pizza
Lunch- Hot Dog,
chips, carrots, salad,
pears, milk

18
Breakfast- Pancake on
a stick
Lunch-
Tiger chicken, fixins,
fries, fruit, milk

19
Breakfast- Sausage,
Toast
Lunch- Beef Taco
Pie, pinto beans,
tortilla chip,
pineapple, milk

20
Breakfast- Omelet,
toast, fruit, juice, milk
Lunch- Mini Corndogs,
broccoli, carrots, Fruit
mix, milk

21
Breakfast- French
toast stick
Lunch- Chicken
Strips, potatoes,
gravy, corn, pears,
milk

22
Breakfast- Pancake on
a Stick
Lunch- Bag Lunch Early
release

No School!!

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



Joke of the Month

Q. Why aren't grapes ever lonely?

see answer below.



Growing Regions

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



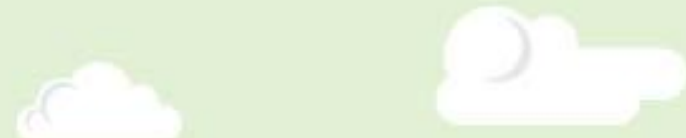
Cucumbers

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



CUCUMBER

Visit: SquareMeals.org/SeasonalityWheel