

# SEPTEMBER

## Special Announcements



HAVE A GRAPE DAY!

THANKS A BUNCH!

### Go Tigers!!!!

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Monday

Tuesday

Wednesday

Thursday

Friday

### Good Eats At:

Tenaha ISD  
High School



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

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

### LABOR DAY

Breakfast- Pizza  
Lunch-Nachos, meat, cheese, pinto beans, rice, fruit, pineapple  
Option- Burrito

Breakfast- Mini Pancakes  
Lunch- Pizza, corn, salad, oranges, pudding, milk  
Option- Nuggets

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

Breakfast- Omelet, toast  
Lunch-Baked Potato, ham, cheese, 2 bread stick, broccoli, fruit, milk, jello  
Option- Pizza

Breakfast- Pizza  
Lunch- Chicken fried steak, potatoes, gravy, bread, corn, pears, milk, jello  
Option- Nuggets

Breakfast- French toast sticks  
Lunch-Grilled cheese, sweet potato tots, salad, peaches, milk, pudding  
Option- Burger

Breakfast- Sausage, toast  
Lunch-Hot ham & cheese, pickle spears, broccoli, chips, milk, pudding  
Option- Corndog

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

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

Breakfast- Biscuit, gravy  
Lunch- Soft taco, lettuce, cheese, refried beans, rice, pineapple, milk  
Option- Burrito

Breakfast- Chicken Biscuit  
Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk, Pudding  
Option- Burger

Breakfast- Biscuit, gravy  
Lunch- Spaghetti, garlic toast, corn on cob, salad, peaches, milk, Jello  
Option- Pizza

Breakfast- Pizza  
Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, milk  
Option- Corndog

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

Breakfast- Sausage, Toast  
Lunch- Beef Taco Pie, pinto beans, tortilla chip, rice pineapple, milk  
Option- Burrito

Breakfast- Omelet, toast, fruit, juice, milk  
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, milk, pudding  
Option- Chic. sandwich

Breakfast- French toast stick  
Lunch- Chicken Strips, potatoes, gravy, bread, corn, pears, milk  
Option-Burger

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

No School!!

# Grapes



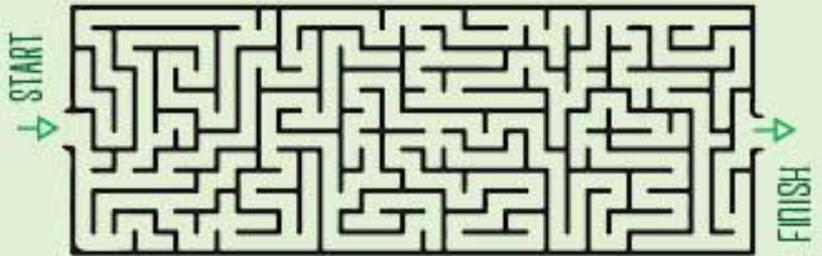
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending 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.

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



Growing Regions

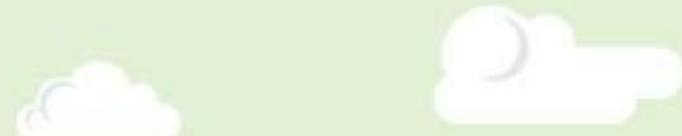
# Cucumbers

**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



CUCUMBER

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