Melon World Walter Watermelon x 09

SEPTEMBER 2017

MON	TUE	WED	THUR	FRI
Holiday Labor day 4	Yogurt Tray Grilled Cheese Fresh Carrots Stick Garden Salad Ranch Dressing Fresh grape Chilled Peaches 5	Chicken Alfredo Wheat Bread Stick Sunbutter Tray Green Beans Veggie Dippers Ranch Dressing Cantaloupe Pineapple Tidbits 6	Cheeseburger Yogurt Tray Potato Tots Burger Salad Chilled Fruit cocktail Banana Ketchup Mayo, Mustard 7	Yogurt Tray Pepperoni Pizza Corn Garden salad w/ Dressing Fresh apple Chilled Fruit Cocktail 1
Chef Salad w/ Ham Wheat Bread Sticks Chicken Patty Sandwich Curly Fries Green Beans Fresh apple Chilled Fruit cocktail Mayo, Mustard 11	Yogurt Tray Hoagie Sandwich Steamed Carrots Garden salad w/ dressing Chilled Peaches Fresh Grapes Mayo, Mustard 12	Sunbutter Tray Roini with Marinara sauce meatballs Wheat Bread Stick Herb Roast Broccoli Spinach Salad \Dressing Watermelon Wedge Pineapple Tidbits 13	Yogurt Tray Orange Chicken Fried Rice Asian Squash Fresh Carrots Stick Wheat Roll Banana Mandarin Orange 14	Sunbutter Tray Pepperoni Pizza Ranch Dressing Corn Baked Beans Fresh orange Blushing Pears 15
Chef Salad w/ Ham Wheat Bread Stick Steak Fingers Mashed Potatoes Herb Roast Broccoli Fresh Apple Chilled Peaches Ketchup 18	Yogurt Tray Beef Nachos Spanish Rice Pinto Beans Garden Salad w/ dressing Fresh Grapes Pineapple Tidbits 19	Sunbutter Tray Oven Baked Chicken Wheat Roll Sweet Potato Fries Celery Sticks w/ Dressing Cantaloupe Mandarin Orange Ketchup 20	Yogurt Tray Cheese Pizza Corn Garden Salad w/ dressing Chilled Fruit cocktail Watermelon Wedge 21	Sunbutter Tray Chicken Nuggets Wheat Roll Potato Wedges Fresh Carrot Sticks & Dip Applesauce Fresh Orange Ketchup 22
Chef Salad /w Ham Wheat Bread Stick Chili Cheese Frito Pie Spinach Salad Veggie Dippers Ranch Dressing Fresh Apple Chilled Fruit Cocktail 25	Yogurt Tray Chicken Quesadillas Pinto Beans Garden Salad w/ Dressing Salsa Fresh Grapes Blushing Pears 26	Sunbutter Tray Chicken Nuggets Mashed Potatoes Green Beans Chilled Peaches Watermelon Wedge Wheat Roll Country Gravy 27	Yogurt Tray Pepperoni Pizza Corn Garden Salad w/ Dressing Banana Applesauce 28	Sunbutter Tray Cheeseburger Sweet Potato Fries Burger Salad Blueberries Pineapple Tidbits Ketchup Mayo, Mustard 29

Special Announcements

Offer Daily
1% White Milk
FF Chocolate Milk

Good Eats at:

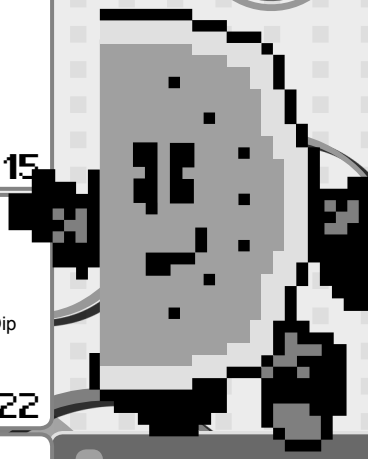
Collins Intermediate
Lunch Menu

GET READY

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

9.4
Labor Day

+200
+100
+50



Fun facts on back!

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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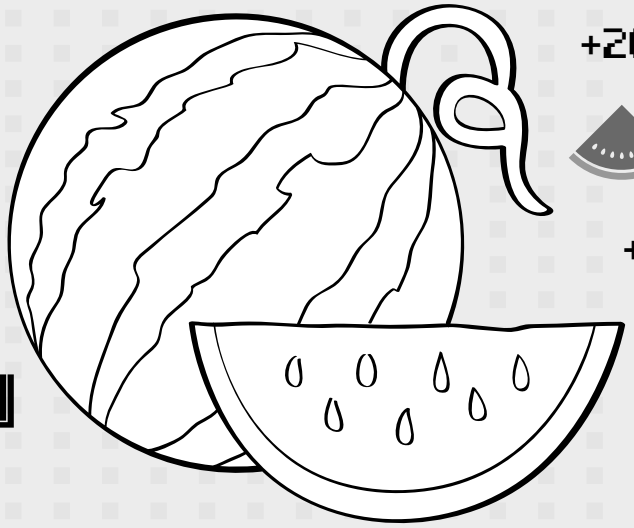
WATERMELON

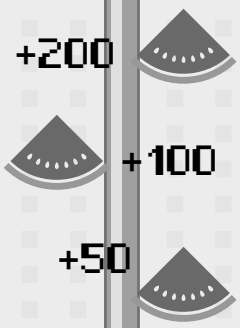
My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.

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.





Color the MELON

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

Joke of the MONTH

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

A: When you're eating a watermelon.

Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

1 cup fresh spring greens • 1 cup fresh cilantro • 1 cup fresh watermelon, cubed • ½ cup red grapes, halved • ¼ cup walnuts, chopped • ¼ 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