

SEPTEMBER



HAVE A GRAPE DAY!

THANKS A BUNCH!

Special Announcements

Parents: Please remember to fill out the form for free and reduced priced meals and return to me as soon as possible. If you have any questions or need help filling it out please call (903-537-2386) or come by.

New Meal Prices

Student Prices	Adults
Breakfast - \$1.25	\$2.00
Lunch - \$2.70	\$3.50

Free and Reduced Prices

Breakfast \$0.30
Lunch - \$0.40



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At

Saltillo ISD

Assorted Milk and Juice offered Daily for Breakfast
Assorted Milk and Fresh Fruit offered daily for lunch



1 Breakfast Pizza

Chicken Quesadilla
Refried Beans
Lemon/Cilantro Rice

2 Assorted Cereal and Toast

Hamburger on WG Bun
Curly Fries
Romaine / Tomato / Pickles

5

6 Koloche

Country Beef Patties
Mashed Potatoes/Gravy
Green Beans
Biscuit

7

Sausage Biscuit

Mini Corn Dog
Pork n Beans
Mac & Cheese

8

Breakfast Pizza

Beef Burrito
Salsa
Mexicorn
Pinto Beans

9

Assorted Cereal and Toast

Italian Sub
Romaine / Tomato / Pickles
Assorted Chips
Pickle Spear

LABOR DAY

12

Assorted Muffins

Pizza
Romaine Salad
Italian Vegetables

13

Koloche

Chicken Nugget
Mash Potatoes
Gravy
Broccoli & Cheese
WG Roll

14

Sausage Biscuit

Meatloaf
Black Eye Peas
Cabbage
Cornbread

15

Breakfast Pizza

Bean & Cheese Tostado
Spanish rice
Corn
Romaine/Tomato/Onion

16

Assorted Cereal and Toast

Chicken Burger/ WG Bun
Baked Fries
Romaine / Tomato / Pickles

19

Assorted Muffins

Chicken Spaghetti
Green Beans
Romaine Salad
Bread Stick

20

Koloche

Steak Fingers
Mashed Potatoes/Gravy
Green Beans
Biscuit

21

Sausage Biscuit

Chicken-n-Rice
Steamed Broccoli
Tossed Salad

22

Breakfast Pizza

Crispy Taco's
Pinto Beans
Lettuce/Tomatoes/ Cheese
MexiCorn

23

Assorted Cereal and Toast

Hamburger on WG Bun
Curly Fries
Romaine / Tomato / Pickles

26

Assorted Muffins

Pizza
Romaine Salad
Italian Vegetables
Corn

27

Koloche

Country Beef Patties
Mashed Potatoes/Gravy
Cabbage
Biscuit

28

Sausage Biscuit

Fish Sticks
Mac-n-Cheese
Cole Slaw

29

Breakfast Pizza

Beef & Cheese Nachos
Pinto Beans
Spanish rice

30

Assorted Cereal and Toast

Italian Sub
Romaine / Tomato
Assorted Chips
Pickle Spear

Grapes



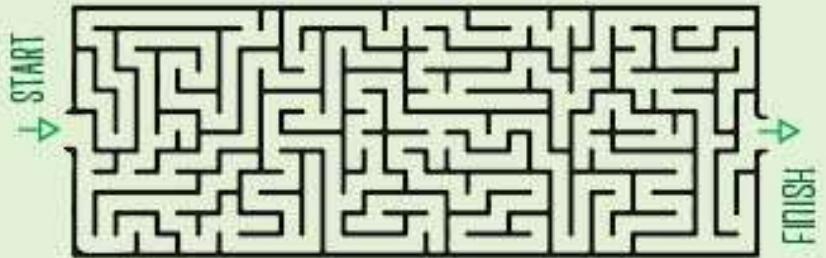
Grapes are the smooth-skinned berries that grow on tall vines in a bunch called clusters. Green, red and black grapes are the most common eaten in the United States, but grapes come in a variety of colors including yellow, blue-black, crimson, pink and purple. They can be sweet or a bit sour depending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

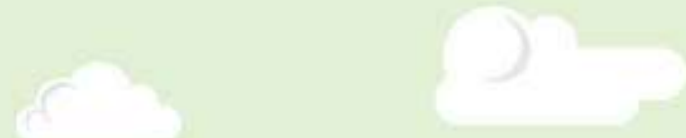
Cucumbers

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. Now 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



Visit: SquareMeals.org/SeasonalityWheel