

SEPTEMBER



Special Announcements

No school September 05, 2016—Labor Day

Early release September 30, 2016—Homecoming

Breakfast is served with a choice of 1% White Milk, Skim Milk, Fat Free Chocolate Milk, or Fat Free Chocolate Milk.

Breakfast is served with a choice of fruit and/or 100% fruit Juice.



Monday

Tuesday

Wednesday

Thursday

Friday

Good Eats At:

Whiteface CISD
Pre-K – 12th Grades
Breakfast Menu

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

1
Breakfast Burrito
Fruit
Juice
Milk

2
Sausage Kolache
Cheese Stick
Fruit
Juice
Milk

5
No school

6
Sausage Biscuit
Fruit
Juice
Milk

7
Stuffed Bagel
Fruit
Juice
Milk

8
Chicken-n-Waffle
Fruit
Juice
Milk

9
Egg & Cheese Sandwich
Fruit
Juice
Milk

LABOR DAY

12
Peanut Butter & Jelly Sandwich
Fruit
Juice
Milk

13
Breakfast Pizza
Fruit
Juice
Milk

14
Pancake Wrap
Fruit
Juice
Milk

15
Breakfast Muffins
Yogurt
Fruit
Juice
Milk

16
Cinnamon Pull-a-Parts
String Cheese
Fruit
Juice
Milk

19
French Toast
Yogurt
Fruit
Juice
Milk

20
Breakfast Burrito
Fruit
Juice
Milk

21
Mini Pancakes
Yogurt
Fruit
Juice
Milk

22
Breakfast Strudel
Cheese Stick
Fruit
Juice
Milk

23
Sausage Kolache
Yogurt
Fruit
Juice
Milk

26
Breakfast Round
Yogurt
Fruit
Juice
Milk

27
Stuffed Bagel
Fruit
Juice
Milk

28
Egg & Cheese Sandwich
Fruit
Juice
Milk

29
Waffles
Yogurt
Fruit
Juice
Milk

30
Sausage Biscuit
Fruit
Juice
Milk

SEPTEMBER



Special Announcements

No school on September 05, 2016—Labor Day Holiday
Early release on September 30, 2016—Homecoming

All lunches are served with a choice of: 1% White Milk, Skim Milk, Fat Free Chocolate Milk, or Fat Free Strawberry Milk.

All lunches are served with a choice of fruit and/or 100% fruit juice.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Eats At:</p> <p>Whiteface CISD Pre-K -12th Grades Lunch Menu</p>		<p>Get ready to "Vote for a Winning Lunch" during National School Lunch Week! October 10-14 2016</p>		<p>1 Nachos Grande Salsa Refried Beans Lettuce & Tomato Garnish Cucumber Dippers Tiny Tomato Cup Pears Lime Sherbet</p>
<p>5 No school—Labor Day</p>	<p>6 Popcorn Chicken Roll Tater Tots Cucumber Dippers Fresh Seasonal Fruit Cookie</p>	<p>7 Mexican Combo Plate Salsa Lettuce & Tomato Garnish Seasoned Corn Charro Beans Cinnamon Applesauce</p>	<p>8 Steak Fingers Gravy Roll Mashed Potatoes Baby Carrots Strawberries & Bananas</p>	<p>9 French Bread Pizza Garden Salad California Blend Vegetables Sliced Peaches Chocolate or Vanilla Pudding</p>
<p>LABOR DAY</p>		<p>14 Chicken Nuggets Gravy Mashed Potatoes Roll Garden Salad Tuscan Vegetables Fresh Seasonal Fruit</p>	<p>15 Chicken Parmesan Bread Stick Savory Green Beans Garden Salad Apple Slices</p>	<p>16 Tex Mex Stack Lettuce & Tomato Garnish Refried Beans Salsa Tiny Tomato Cup Rosy Applesauce</p>
<p>12 Asian Bowl Brown Rice Eggroll Baby Carrots Steamed Broccoli Chilled Pineapple Sugar Cookie</p>	<p>13 Cheeseburger Hamburger Garnish Tater Tots Fresh Veggie Cup Orange Smiles</p>	<p>21 Popcorn Chicken Brown Gravy Roll Mashed Potatoes Seasoned Corn Savory Green Beans Mixed Fruit</p>	<p>22 BBQ on a Bun Coleslaw Charro Beans Orange Smiles</p>	<p>23 Texas Basket (Steak Fingers) Roll Gravy Tater Tots Baby Carrots Apple Slices Cookie</p>
<p>19 Pizza Baby Carrots Broccoli Bites Mixed Fruit</p>	<p>20 Asian Bowl Brown Rice Eggroll Tomato-Cucumber Cup Garden Salad Snowball Salad</p>	<p>28 Cheeseburger Hamburger Garnish Tater Tots Baby Carrots Sliced Peaches Crispy Cereal Treat</p>	<p>29 Taquito & Queso Charro Beans Garden Salad Apple-Pineapple D'Lite</p>	<p>30 Pizza Broccoli Bites Tiny Tomato Cup Fresh Seasonal Fruit (Homecoming Early Release)</p>
<p>26 Chicken Nuggets Macaroni & Cheese Broccoli Bites Apple Slices</p>	<p>27 Meatball Sub Sandwich Tater Tots Fresh Veggie Cup Fresh Seasonal Fruit Chocolate or Vanilla Pudding</p>			

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

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



Activities



Joke of the Month

Q. Why aren't grapes ever lonely?

see answer below.



Growing Regions

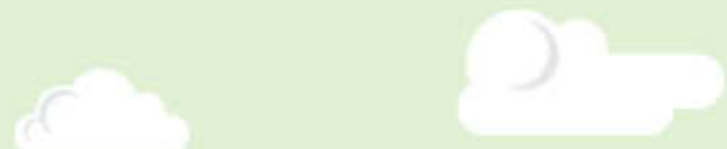
Cucumbers

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



I'M COOL!



CUCUMBER



Visit: SquareMeals.org/SeasonalityWheel