

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

Go to our school's website <http://sabinepass.net/>, click on "for parents", then click on "lunch money" to add money to your child's account.

Menu subject to change due to availability.

*Notes a pork item

Good Eats at:

SHARK CAFÉ

GET READY

FOR NATIONAL SCHOOL LUNCH WEEK!

OCTOBER 9-13
squaremeals.org/nslw

9.4

Labor Day

SCHOOL HOLIDAY

4

5

6

7

8

Poptarts, Cereal
Steak Fingers, Rice w/gravy, Black-eyed Peas, Broccoli, Roll, Fruit, Milk

11

Biscuit & Sausage
Corndog, Green Beans, Carrot Sticks w/Ranch Dressing, Fruit, Milk

12

Cinna Mini Rolls
Spaghetti, Peas, Romaine Salad, Garlic Bread, Fruit, Milk

13

Yogurt & Granola
Soft Taco, Refried Beans, Lettuce & Tomatoes, Fruit, Milk

14

Breakfast Pizza*
Pulled Pork Sandwich*, Fries, Baked Beans, Fruit, Cookie, Milk

15

Poptarts, Cereal
Chicken Nuggets, Mashed Potatoes w/gravy, Glazed Carrots, Roll, Fruit, Milk

18

Egg & Cheese Wrap
Teriyaki Chicken, Fried Rice, California Blend Veggies, Broccoli, Toast, Fruit, Milk

19

Muffin & Yogurt
Turkey Vegetable Soup, Grilled Cheese, Peas & Carrots, Fruit, Milk

20

Pancake on the Stick*
Taco Boats, Refried Beans, Spanish Rice, Lettuce & Tomatoes, Fruit, Milk

21

Honey Bun
Cheeseburger, Tator Tots, Romaine Lettuce & Tomatoes, Fruit, Cookie, Milk

22

Poptarts, Cereal
Chicken Fried Steak, Mashed Potatoes w/gravy, Steamed Spinach, Roll, Fruit, Milk

25

Biscuits & Sausage
Mandarin Chicken w/Steamed Brown Rice, Broccoli, Glazed Carrots, Fruit, Milk

26

Yogurt & Granola
Chili Mac, Green Beans, Carrot Sticks w/Ranch Dressing, Cornbread, Fruit, Milk

27

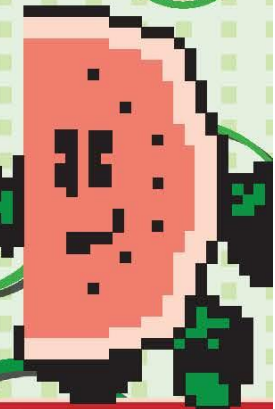
French Toast Sticks
Fajitas, Black Beans, Pico de Gallo, Fruit, Milk

28

Breakfast Pizza*
Hot Turkey & Cheese, Waffle Fries, Lettuce & Tomatoes, Fruit, Cookie, Milk

29

+200
+100
+50

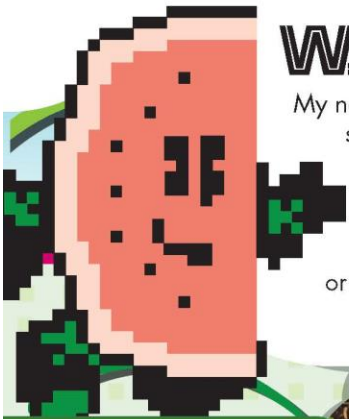


Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





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.

FUN FACT

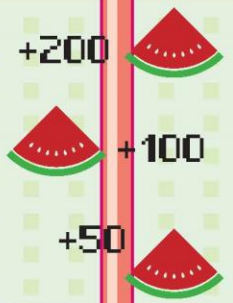
Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

LAUNCH PAD WATERMELON GROWING REGIONS



1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley

COLOR THE MELON



Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 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



JOKE OF THE MONTH

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

A: When you're eating a watermelon.