

# SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

## Special Announcements

### MEAL PRICES:

Breakfast – Student Full Price \$1.75  
 Reduced \$0.30  
 Adult \$2.25  
 Lunch- Student Full Price \$2.35 Reduced \$0.40  
 Adult \$3.50  
 Prices Are Subject To Change

### EXTRAS:

Hot Breakfast Entrée - \$1.35  
 Cold Breakfast Entrée - \$1.00  
 Hot Lunch Entrée - \$1.75  
 Fruit/ Vegetable - \$0.75  
 Snacks/Milk/Bread - \$0.60 to \$1.00  
 Large Bottled Drink - \$1.00  
 Small Bottled Water - \$0.35

Extras are available on first come first serve basis.

Menus are subject to change without notice due to availability of products.



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER



Good Eats at:

LA VERNIA ISD ....

PRIMARY & INTERMEDIATE CAMPUSES

**GET READY**  
 FOR NATIONAL SCHOOL LUNCH WEEK!  
 OCTOBER 9-13  
[squaremeals.org/nslw](http://squaremeals.org/nslw)

MON	TUE	WED	THUR	FRI
<b>LABOR DAY HOLIDAY</b>  (No School) <b>4</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Mexican Food 2 Different Entrees</b> <i>Ice Cream Cup</i> <b>5</b>	Cold Cereal/Cheese Stick or Cheese Omelet  <b>PIZZA</b> <b>6</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Chicken Strips</b> <b>7</b>	Cold Cereal/Cheese Stick or Cinnamon Rolls  <b>Hot Ham/Cheese on Croissant</b> <b>1</b>
Cold Cereal/Cheese Stick or Pop Tarts  <b>Spaghetti</b> <i>Pudding</i> <b>11</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Corn Dogs</b> <b>12</b>	Cold Cereal/Cheese Stick or Bean & Cheese Taco  <b>Personal Pan PIZZA</b> <b>13</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Chicken Nuggets</b> <b>14</b>	Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage  <b>PBJ w/ Chips Or Bear Bruch</b> <b>8</b>
Cold Cereal/Cheese Stick or Pancake on a Stick  <b>Nachos or PBJ w/ Chips</b> <b>18</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Hot Dogs</b> <b>19</b>	Cold Cereal/Cheese Stick or Bacon/Egg Cheese Taco  <b>PIZZA</b> <b>20</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Popcorn Chicken</b> <b>21</b>	Cold Cereal/Cheese Stick or Sausage & Biscuit  <b>Hamburger or Cheeseburger</b> <b>15</b>
Cold Cereal/Cheese Stick or French Toast Sticks  <b>Frito Pie</b> <b>25</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Mexican Food 2 Different Entrees</b> <b>26</b>	Cold Cereal/Cheese Stick or Cheese Omelet  <b>PIZZA</b> <b>27</b>	Cold Cereal/Yogurt or Breakfast Pizza  <b>Chicken Strips</b> <b>28</b>	Cold Cereal/Cheese Stick or Cinnamon Rolls  <b>Hot Ham/Cheese on Croissant</b> <b>22</b>
				Cold Cereal/Cheese Stick or Scrambled Eggs & Sausage  <b>PBJ w/ Chips Or Bear Bruch</b> <b>29</b>

**9.4**  
 Labor Day

+200  
 +100  
 +50

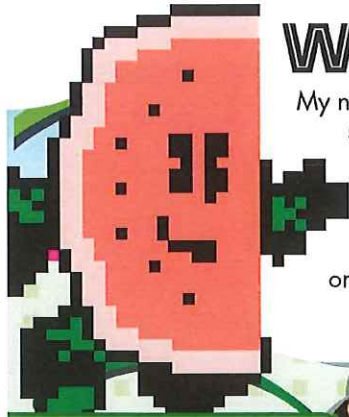


Fun facts on back!



# WATERMELON

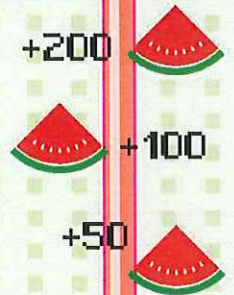
My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.



**SQUASH IT!**

As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.

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.



## 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](http://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.