

# AUGUST

## Special Announcements

LUNCH SERVED ONLY

### LUNCH PRICES

Reduced \$0.40  
 Student \$3.50  
 Adult \$4.00

### A LA CARTE PRICES

Milk \$0.50  
 Juice \$0.50  
 Ice Dog \$1.00



TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER SID MILLER

Next Month:  
 Grapes &  
 Cucumbers



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9 Popcorn Chicken  
 Whole wheat roll  
 Baked beans  
 Cole Slaw  
 Fresh Baby Carrots  
 Fruit  
 Milk

10 Rock and Roll  
 Beef Wrap  
 Cherry Tomatoes  
 Cucumber slices  
 Fruit  
 Milk

11 Chicken Sandwich  
 Broccoli Florets  
 Fresh Baby Carrots  
 Fruit  
 Milk

12 Pepperoni Pizza  
 Corn  
 Sugar Snap Peas  
 Fruit  
 Milk

15 BBQ Sandwich  
 Salad w/tomato  
 Sweet Potato Fries  
 Fruit  
 Milk

16 Beef Tacos  
 Spanish Rice  
 Refried Beans  
 Tomato Salsa  
 Fruit  
 Milk

17 Corn Dog  
 Green Beans  
 Tater Tots  
 Fruit  
 Milk

18 Cheese Quesadilla  
 Broccoli Florets  
 Fresh Baby Carrots  
 Fruit  
 Milk

19 Turkey & Cheese  
 Sandwich  
 Seasoned Corn  
 Garden Salad  
 Fruit  
 Milk

22 Hamburger on a Bun  
 Lettuce & tomato  
 slice  
 Oven Fries  
 Fruit  
 Milk

23 Chili  
 Red Bell Pepper  
 Strips  
 Sliced Cucumber  
 Fruit  
 Milk

24 Chicken Nuggets  
 Whole wheat roll  
 Mashed potatoes &  
 gravy  
 Salad  
 Fruit  
 Milk

25 Chicken Sandwich  
 Apple Glazed Sweet  
 Potatoes  
 Green Beans  
 Fruit  
 Milk

26 Noon Dismissal  
  
 No Lunch

29 Pig in a Blanket  
 Roasted Red Potatoes  
 Broccoli w/Cheese  
 Fruit  
 Milk

30 Chicken Wrap  
 Spanish Rice  
 Lettuce w/tomato  
 slice  
 Sauteed Zucchini  
 Fruit  
 Milk

31 Spaghetti w/Meat  
 Sauce  
 Garlic Bread  
 Garden Salad  
 Green Beans  
 Fruit  
 Milk

### Good Eats At:

All Saints Catholic School  
 2006 N. Houston St.  
 Fort Worth, TX 76164  
[www.ascsfw.org](http://www.ascsfw.org)

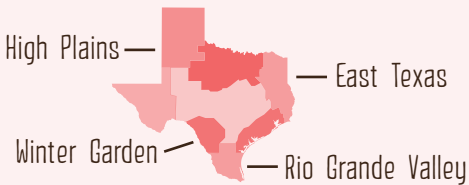
# Watermelon

**Brainy Snacks:** Did you know that watermelon can be considered a fruit or a vegetable! So next time your parents ask you what vegetable you'd like for dinner let them know you want a Texas size piece of watermelon! CHOMP!

How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

**Growth Regions:** High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

**Peak Growing Season:** May – October



## Word Search

B B N I M A T I V N  
 C N I M A T I V O I  
 E E N R I T S L N B  
 L E A D I O E T T S  
 E A R I O M N T S E  
 U A R I R A O V S L  
 E D L E O T L I L C  
 A N T I B O D I E S  
 E A O O M E I N R U  
 W A A B O S T N L M

## Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

## Joke of the Month

Q. How do you fix a broken tomato?  
 see answer below.

The name says it all! Watermelons are 92% water. Maybe try your next piece with a straw.

# Tomatoes

**A rainbow of tomatoes – Fruit or vegetable?** Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head “to-ma-toes” I still wouldn’t be as tall as the world’s tallest tomato plant which was measured to be 65 feet tall. That is about six stories tall! Whoa?

**Vitamin C:** Oranges aren’t the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

**Growth Regions:** East Texas and Rio Grande Valley

**Peak Growing Season:** April – November

Visit: [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel)

