

# SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

## Special Announcements

### LUNCH PRICES

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

### A LA CARTE PRICES

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

## Good Eats at:

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

## GET READY

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

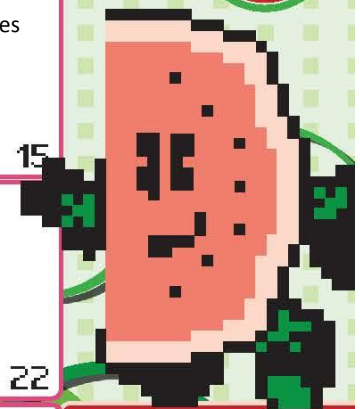
Chicken Nuggets  
Mashed Potatoes  
Fresh Baby Carrots  
Fruit  
Milk

9.4

Labor Day

LABOR DAY NO SCHOOL 4	Mini Meatball Sub Ranch Potato Wedges Tossed Salad Fruit Milk 5	BBQ Sandwich Baked Beans Creamy Cole Slaw Fruit Milk 6	White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fruit Milk 7	Pepperoni Pizza Corn Tossed Salad Cherry Tomato Fruit Milk 8
Hot Dog on WG Bun Sweet Potato Fries Corn Fruit Milk 11	Crispy Beef Taco Lettuce & Tomato Rice Pinto Beans Fruit Milk 12	Corn Dog Green Beans Tater Tots Cherry Tomato Fruit Milk 13	Cheese Quesadilla Tomato Salsa Refried Beans Fruit Milk 14	Chicken Nuggets Mashed Potatoes Tossed Salad Fruit Milk 15
Hamburger on WG Bun Lettuce & Tomato Oven Fries Fruit Milk 18	Chili Cornbread Red Bell Pepper Strips Sliced Cucumber Fruit Milk 19	Popcorn Chicken Mashed Potatoes & Gravy Baked Beans Tossed Salad Fruit Milk 20	Cheese Pizza Corn Carrots Fruit Milk 21	Grilled Chicken Sandwich Roasted Sweet Potatoes Green Beans Fruit Milk 22
Pig in a Blanket Roasted Red Potatoes Steamed Broccoli Fruit Milk 25	Chicken Wrap Spanish Rice Romaine Lettuce Tomato Slice Sautéed Zucchini Fruit and Milk 26	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Fruit and Milk 27	Taco Salad w/lettuce, cheese, & tomato Salsa Refried Beans Fruit Milk 28	NO SCHOOL 29

+200  
+100  
+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



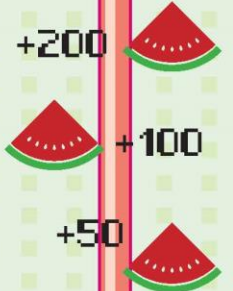
# WATERMELON

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](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.