

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**

SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUITS

APPLES, ORANGES, MELONS,
PEACHES, STRAWBERRIES

<p>BREAKFAST BAGEL OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 1</p>	<p>SAUSAGE /BISCUIT OR CEREAL W/ TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 2</p>	<p>PIG-N- A BLANKET OR CEREAL W/ TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 3</p>	<p>OATMEAL W/TOAST OR CEREAL W/ TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 4</p>
<p>NO SCHOOL 7</p>	<p>SAUSAGE W/BISCUIT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 9</p>	<p>CINNAMON ROLL W/ YOGURT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 10</p>	<p>CEREAL W/TOAST OR CEREAL W/ CINNAMON TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 11</p>
<p>WAFFLES W/SYRUP OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 14</p>	<p>SAUSAGE W/BISCUIT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 16</p>	<p>MUFFIN W/YOGURT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE PANCAKES 17</p>	<p>OATMEAL W/TOAST OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 18</p>
<p>FRENCH TOAST STICKS W/SYRUP OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 21</p>	<p>SAUSAGE W/BISCUIT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 23</p>	<p>MUFFIN W/YOGURT OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 24</p>	<p>CEREAL W/TOAST OR CEREAL W/ CINNAMON TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 25</p>
<p>PANCAKES W/SYRUP OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 28</p>	<p>SAUSAGE W/BISCUIT OR CEREAL W/ TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 30</p>	<p>BREAKFAST TACO W/SALSA OR CEREAL W/TOAST FRUIT VARIETY JUICE CHOICE MILK CHOICE 29</p>	

GOOD EATS AT:

GRAFORD ISD
BREAKFAST MENU

SPECIAL ANNOUNCEMENTS

BREAKFAST PRICES

PK – 12.....\$1.00
REDUCED.....30c
ADULT.....\$1.50



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



IT'S SEPTEMBER, the start of the fall season. Fall is harvest season for many crops in Texas—which means there's a wealth of good things out there to eat. So let's get started Explorers!

FOOD: Apples

REGIONS WITH FRESH SELECTIONS:

Apples grow in the Texas Panhandle and some areas of Northeast and Central Texas.

DISTINGUISHING CHARACTERISTICS:

While you might think of an apple as a bright red fruit, you can find apples that are green, yellow, orange, pink or even multicolored.



WHAT TO KNOW:

If you are looking for a healthy snack, it's hard to do better than an apple. They are low in calories and high in fiber. While a peeled apple is delicious eating, the apple with its skin gives you extra nutritional benefits. This fall, look for fruits and vegetables that add color to your plate.

FUN FACT:

Apple trees take four to five years to produce their first fruit.



STATE FAIR OF TEXAS

Hi Kids! Did you know the Great Plate of Texas will be featured at the State Fair of Texas? "Discover" our booth located at the Food and Fiber Pavilion from September 25–October 18 in Dallas, TX. See you there!

COMING IN OCTOBER:
NATIONAL SCHOOL LUNCH WEEK!



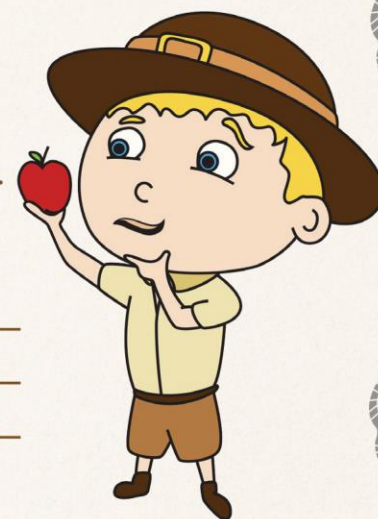
EXPLORER'S NOTEBOOK:

Research supports the old saying "AN APPLE A DAY HELPS KEEP THE DOCTOR AWAY" because apples contain antioxidants that help keep you from getting sick.

EXPLORER'S ACTIVITY:

There are many varieties of apples available in your local supermarket. Identify three different varieties of apples and list them below.

- _____
- _____
- _____



APPLE SALAD RECIPE

(MAKES 8 SERVINGS)

Ingredients:

- 2 cups Apples (diced)
- 1 cup Celery (diced)
- 1/2 cup Raisins
- 1/2 cup Walnuts (if you like)
- 2 tbsp Salad dressing or mayonnaise
- 1/2 tbsp Orange juice



Directions:

- Mix orange juice with salad dressing or mayonnaise.
- Toss apples, celery and raisins with dressing mixture.
- If using walnuts, add that too.

WWW.WHATSCOOKING.FNS.USDA.GOV