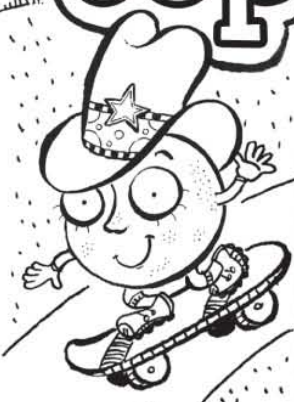


# September



Monday

	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast Bagels Spaghetti with Meat Sauce Ravioli Tossed Salad Diced Peaches Max Stix Cookies	<b>2</b> Blueberry Muffins Dino Nuggets Chicken Fried Steak Mashed Potatoes w/wo Gravy Mixed Vegetables Applesauce Rolls	<b>3</b> Kolache Pizza Burritos Corn Fruit Mix Cookies	<b>4</b> Strudels Hamburgers, BBQ, w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears
<b>7</b> <b>HOLIDAY</b>	<b>8</b> French Toast Sticks Pizza Chicken Sandwich Tossed Salad w/wo Dressing Corn Diced Peaches Cookies	<b>9</b> Breakfast Pizza Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Spinach Applesauce Rolls	<b>10</b> Waffle Stix Pizza Chicken Fajitas Refried Beans Roasted Potatoes Fruit Mix Cookies	<b>11</b> Cinnamon Rolls Hamburgers, BBQ w/wo Sliced Cheese Burger Salad Cup Fries Pineapple Tidbits
<b>14</b> Pancake on a Stick Pizza Soft Beef Tacos Tossed Salad w/wo Dressing Pinto Beans Orange Wedges	<b>15</b> Sausage & Biscuit Fish Pork Ribs Baked Beans Corn on Cob Hushpuppies Diced Peaches Cookies	<b>16</b> Honey Buns Pizza Baked Chicken Mashed Potatoes w/wo Gravy Broccoli & Cheese Applesauce Rolls	<b>17</b> Pancakes Frito Pie Hot Dogs w/wo Chili Tossed Salad Pork & Beans Fruit Mix Cookies	<b>18</b> Breakfast Bagel Hamburgers, BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears
<b>21</b> Blueberry Muffins Pizza Corn Dogs Mac & Cheese Baked Beans Apples	<b>22</b> Kolache Popcorn Chicken Ham Sandwich w/wo Sliced Cheese Tossed Salad w/wo dressing Baked Chips Diced Peaches Cookies	<b>23</b> Strudels Steak Fingers Chicken Rings Mashed Potatoes w/wo Gravy Peas & Carrots Applesauce Rolls	<b>24</b> Sausage Rolls Pizza Beef Nachos Refried Beans Tossed Salad Fruit Mix Cookies	<b>25</b> French Toast Sticks Hamburgers, BBQ w/wo Sliced Cheese Burger Salad Cup Fries Pineapple Tidbits
<b>28</b> Pancakes Pizza Chicken Fries Potato Medley Corn Orange Wedges	<b>29</b> Breakfast Bagels Spaghetti with Meat Sauce Ravioli Tossed Salad Diced Peaches Max Stix Cookies	<b>30</b> Blueberry Muffins Dino Nuggets Chicken Fried Steak Mashed Potatoes w/wo Gravy Mixed Vegetables Applesauce Rolls		



## More is Better

September is Fruit and Veggies – More Matters Month, so it's time to add more fruits and vegetables to your meals and snacks. Eating a variety of foods of different colors gives your body a wide range of valuable nutrients and vitamins. This month, purple beets, red apples, orange carrots, green broccoli and yellow pears are in season. Pretend your plate is a canvas and “paint” it with these fresh, crunchy, sweet, juicy foods. Make sure to check out which fruits and veggies are offered in your school's cafeteria.

## The Grain Game

Growing bodies need whole grains for good health. That's why September is also Whole Grain Month. There are lots of cool grains out there to keep your taste buds happy. Use the clues to help you unscramble the following names of some (possibly surprising) whole grains.

1. A T O S Eaten as porridge, baked into cookies or made into granola, this whole grain is usually enjoyed on cold winter mornings.
2. C R I E This whole grain is a staple food for many cultures around the world. It comes in a variety of colors and is usually boiled or steamed.
3. O P C P R N O One of the tastiest and healthiest snack foods around, this whole grain is widely enjoyed while watching a movie.
4. I U N Q A O A great alternative to rice, this unusual grain has a light, fluffy texture when cooked and a mild, slightly nutty flavor.

Answers: 1) Oats; 2) Rice; 3) Popcorn; 4) Quinoa

## Check Out the CAFETERIA BUZZ



Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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