<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>B: Corn Flakes, WG Toast, Unsweetened Applesauce, Milk</td>
<td>B: Turkey Sausage, WG Toast, Orange Smiles, Milk</td>
<td>B: WG Cheerios, WG Toast, Bananas, Milk</td>
<td>B: Egg Omelet, WG Toast, Apple Slices, Milk</td>
<td>B: WG French Toast, Turkey Sausage, Orange Smiles, Milk</td>
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<tr>
<td>L: Grilled Chicken Nuggets, Green Beans, Diced Pears, WG Roll, Milk</td>
<td>L: Chicken Alfredo with Rotini, Steamed Carrots, Mixed Fruit, WG Roll, Milk</td>
<td>L: Beef Teriyaki Dippers, 9 Grain Orzo Spinach, Dice Peaches, WG Roll, Milk</td>
<td>L: Sweet &amp; Sour Chicken, Lo Mein w/ Veggies, Mandarin Oranges, Milk</td>
<td>L: Catfish Strips, Steamed Peas, Apple Slices, WG Roll, Milk</td>
</tr>
<tr>
<td>S: WG Cinnamon Goldfish</td>
<td>S: Cheese and WG Crackers</td>
<td>S: Cheese and WG Crackers</td>
<td>S: Hummus &amp; WG Crackers</td>
<td>S: Mango Cubes</td>
</tr>
<tr>
<td>15 B: Corn Flakes, WG Toast, Dice Peaches, Milk</td>
<td>16 B: WG Waffles, Turkey Sausage, Unsweetened Applesauce Cup, Milk</td>
<td>17 B: WG Cheerios, WG Toast, Bananas, Milk</td>
<td>18 B: WG Pancakes, Turkey Sausage, Apple Slices, Milk</td>
<td>19 B: Turkey Sausage, WG Toast, Mandarin Oranges, Milk</td>
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<tr>
<td>L: WG Chicken Quesadilla, Pinto Beans, Pineapple Tidbits, Milk</td>
<td>L: Chicken Spaghetti, Green Beans, Mixed Fruit, WG Roll, Milk</td>
<td>L: Shred Lettuce, Tomatoes and Cheese w/ lo cal Ranch</td>
<td>L: WG Cheese Ravioli, Italian Blend Vegetables, Dice Pears, WG Roll, Milk</td>
<td>L: Turkey &amp; Cheese on WG Sub Roll, Baked Sweet Potato Fries, Unsweetened Applesauce, Milk</td>
</tr>
<tr>
<td>S: WG Cinnamon Goldfish</td>
<td>S: Greek Yogurt</td>
<td>S: Fresh Cut Watermelon</td>
<td>S: Fresh Sliced Strawberries</td>
<td>S: Hummus w/WG Crackers</td>
</tr>
<tr>
<td>22 B: Rice Krispies, WG Toast, Orange Smiles, Milk</td>
<td>23 B: Egg Omelet, WG Toast, Mandarin Oranges, Milk</td>
<td>24 B: Egg Omelet, WG Toast, Bananas, Milk</td>
<td>25 B: WG Pancakes, Turkey Sausage, Baked Apples, Milk</td>
<td>26 B: Turkey Sausage, WG Toast, Dice Peaches, Milk</td>
</tr>
<tr>
<td>L: Cheese Pizza on WG Crust, Steamed Peas &amp; Carrots, Pineapple Tidbits, Milk</td>
<td>L: Ground Beef and WG Macaroni &amp; Cheese, Mixed Vegetables, Dice Pears, WG Roll, Milk</td>
<td>L: Sloppy Joe on WG Bun, Steamed Carrots, Dice Peaches, WG Roll, Milk</td>
<td>L: Turkey &amp; Cheese on WG Sub Roll, Baked Sweet Potato Fries, Unsweetened Applesauce, Milk</td>
<td>L: Catfish Strips, Steamed Peas, Orange Smiles, WG Roll, Milk</td>
</tr>
<tr>
<td>S: WG Goldfish</td>
<td>S: Cheese and WG Crackers</td>
<td>S: Fresh Cut Watermelon</td>
<td>S: Shredded Lettuce, Tomatoes and Cheese w/ low cal Ranch</td>
<td>S: Unsweetened Peach Applesauce</td>
</tr>
</tbody>
</table>

**Vegetarian Lunch Meals:**
- 8/1: Veggie Nuggets
- 8/2: Alfredo & Rotini
- 8/3: Garden Veggie Patty
- 8/4: Sweet & Sour Veggie Nuggets
- 8/5: Garden Veggie Sub
- 8/6: Cheese Fajitas
- 8/7: Cheese Quesadillas
- 8/8: Creamy Spaghetti
- 8/9: Cheese Sub
- 8/10: Mac & Cheese
- 8/11: Cheesy Taco
- 8/12: Spaghetti and Marinara
- 8/13: Garden Veggie Patty

**Special Announcements**

Good Eats At:

100% Whole Grain Products Served

Milk Choices Daily: Whole, 1% and Fat Free

WG=Whole Grain

Canned Fruit is always drained and in Light Syrup

All Vegetables are steamed
**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

![Watermelon map]

**Word Search**

BBNIMATIVN
CNIMATIVOI
EENRITSLNB
LEADOETTS
EARIOMNTE
UARIRAOVSL
EDLEOTLILC
ANTIBODEIES
EAOOMEINRUL
WAABOSTNLM

**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.

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**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

![Tomato]

**Visit:** SquareMeals.org/SeasonalityWheel

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