

September 2018

Pre-K/Head Start

SERVED DAILY
1% WHITE MILK
BUTTERMILK RANCH DRESSING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GOLDEN CRISPY CHICKEN TENDERS Mashed Potatoes Chilled Apricots Cream Gravy/Ketchup	4 ITALIAN MEATBALL SUB French Fries 100% Fruit Slush Cup	5 RESTAURANT STYLE PIZZA (Cheese/Pepperoni) Cheesy Bread Watermelon	6 BEEFY QUESADILLA Charro Beans 100% Fruit Slush Cup Salsa	7 MINI CORN DOGS Sweet Potato Fries Chilled Tropical Fruit Ketchup/Mayo/Mustard
10 BBQ MEATBALLS California Blend Vegetables Chilled Peaches Roll	11 ASIAN GINGER CHICKEN Steamed Rice Stir-fry Cabbage 100% Fruit Slush Cup	12 RESTAURANT STYLE PIZZA (Cheese/Pepperoni) Seasoned Corn Watermelon	13 TAMALES w/Chili Sauce Refried Beans 100% Fruit Slush Cup Jalapeno Salsa	14 CLASSIC HAMBURGER Potato Smiles Rosy Applesauce Ketchup/Mustard/Mayo
17 GOLDEN CRISPY CHICKEN RINGS Mashed Potatoes Green Beans Chilled Mango Fruit Ketchup/Cream Gravy	18 ITALIAN SPAGHETTI w/ Meat sauce Carrot Sticks 100% Fruit Slush Cup	19 PERSONAL PAN PIZZA (Pepperoni) Cheesy Bread Watermelon	20 BEEFY NACHO Charro Beans 100% Fruit Slush Cup Salsa	21 CHEESEBURGER Crispy Tator Tots Chilled Pineapple Tidbits Ketchup/Mustard/Mayo
24 TATOR TOT CASEROLE Glazed Orange Carrots Chilled Pineapples W/G Roll	25 SWEET-N-SOUR MEATBALLS Steamed Rice Asian Stir-fry Vegetables 100% Fruit Slush Cup	26 RESTAURANT STYLE PIZZA (Pepperoni) Green Beans Watermelon	27 MEXICAN LAYERED LASAGNA Refried Beans 100% Fruit Slush Cup Salsa	28 CRISPY CORN DOG Seasoned Fries Chilled Peach Cup Ketchup/Mustard/Mayo

DID YOU KNOW? . . .

All parts of a watermelon can be eaten, even the rind, which actually contains a number of nutrients too, but due to the unappealing flavor is rarely eaten. In China, the rind is used as a vegetable and stir-fried, stewed or pickled.

In March 1937, Crystal City, TX proclaimed itself "World Spinach Capital" and paid tribute to Popeye by erecting a full-color statue of him.

Fruit Of The Month
WATERMELON

Vegetable Of The Month
SPINACH