### September 2014

**Score Big with a Healthy Texas Meal**

Watermelon is a delicious, refreshing and healthy fruit! Do you know how to tell if a melon is ripe? Its belly will go from near white to creamy yellow. Eat like a healthy Texan this month by trying a ripe watermelon or another fruit that’s in season in your area!

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>Labor Day</strong>&lt;br&gt;No School</td>
<td><strong>Honey Bun</strong>&lt;br&gt;Burrito* With Salsa or Chef Salad with Grilled Chicken Seasoned Pinto Beans Choice of Salads, Fruit and Milk</td>
<td><strong>Cinnamon Roll</strong>&lt;br&gt;Hamburger On Bun or Chef Salad With Grilled Chicken French Fries Choice of Salads, Fruit and Milk</td>
<td><strong>Sausage Biscuit</strong>&lt;br&gt;Steak Fingers Nuggets or Chicken Fajita Chef Salad Seasoned Greens Potatoes with Cheese Roll Choice of Salads, Fruit and Milk</td>
<td><strong>Pancake Chicken Sandwich</strong>&lt;br&gt;Tiny Cheese Sticks with Marinara Sauce* or Chef Salad with Ham Seasoned Corn, Yellow Squash Choice of Salads, Fruit and Milk</td>
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<td><strong>Pop tart</strong>&lt;br&gt;Beef and cheese Nachos Chef Salad with Grilled Chicken Seasoned Corn Choice of Salads, Fruit and Milk</td>
<td><strong>Cheese Stick with marinara sauce</strong>&lt;br&gt;Chopped BBQ on Bun/ Chef Salad with Grilled Chicken Baked Beans Seasoned Greens Choice of Salads, Fruit and Milk</td>
<td><strong>English Muffin Sausage Sandwich</strong>&lt;br&gt;Hamburger or Grilled Chicken on Bun Potato Smiles Carrot Coins Choice of Salads, Fruit and Milk</td>
<td><strong>Breakfast Square</strong>&lt;br&gt;Barbeque chopped beef on Bun Chef Salad with Chicken Fajita Green Beans Choice of Salads, Fruit and Milk</td>
<td><strong>French Toast</strong>&lt;br&gt;Tiny Cheese Stick with marinara sauce or Chef Salad with Diced Ham Seasoned Greens Sweet Potato Cross Cut Choice of Salads, Fruit and Milk</td>
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<td><strong>Cheese Stick with marinara sauce</strong>&lt;br&gt;Chopped BBQ on Bun/ Chef Salad with Grilled Chicken Baked Beans Seasoned Greens Choice of Salads, Fruit and Milk</td>
<td><strong>Breakfast Flatbread</strong>&lt;br&gt;Steak fingers or Chef Salad with Chicken Fajita Rice and Gravy Seasoned Corn Choice of Salads, Fruit and Milk</td>
<td><strong>Breakfast Sliders</strong>&lt;br&gt;Oven Roasted Chicken or Yogurt Cheese Plate Zucchini Squash Roll Choice of Salads, Fruit and Milk</td>
<td><strong>Waffles</strong>&lt;br&gt;Chicken Nuggets Chef Salad with diced Ham French Fries Green Peas Choice of Salads, Fruit and Milk</td>
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<td><strong>Sausage Pizza</strong>&lt;br&gt;Peperroni Pizza * or Chef Salad with Grilled Chicken Corn Choice of Salads, Fruit and Milk</td>
<td><strong>Pancake sausage</strong>&lt;br&gt;Breaded Chicken sandwich or Breaded Beef Sandwich Potato Smiles, Carrots Choice of Salads, Fruit and Milk</td>
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**Good Eats at**

Buc’s Galley at East Chambers ISD Elementary

**Special Announcements**

September 1st is Labor Day – NO SCHOOL

Meal Prices
Breakfast $1.50 or 30¢ for reduced status
Lunch $2.25 or 40¢ for reduced status

Turn in Meal Applications as soon as possible
Menu subject To change

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**Texas Scores Big!**

Texas scores big as one of the largest watermelon-producing states! You can find watermelons at the local farmer’s market or grocery stores state-wide. Like their cantaloupe cousins, watermelons need 2 to 3 months of heat to produce ripe fruit, making Texas a perfect place to grow!

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**Eat Fresh!**

Foods are more delicious if they are eaten during their peak season. For example, bell peppers are at their peak in the summer and citrus fruit in the winter. Visit www.SquareMeals.org/FarmToSchool today to learn what is in season in your area.

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