

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

SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FRUITS

APPLES, ORANGES, MELONS,
PEACHES, STRAWBERRIES

	Kolachi Fruit juice milk 1	Cinnamon Roll Cheddar cheese stick Fruit juice milk 2	Apple Jacks cereal Yogurt Fruit juice milk 3	French toast Mozzarella cheese stick Fruit juice milk 4
School Holiday 7	Turkey sausage Pizza Fruit juice Milk 8	Chex Mix Cheddar cheese Stick Fruit juice milk 9	Apple Jacks cereal Yogurt Fruit juice milk 10	Pancake on a stick w/sausage Fruit juice milk 11
Kolachi Fruit juice milk 14	Cinnamon Roll Cheddar cheese stick Fruit juice milk 15	Turkey sausage Pizza Fruit juice Milk 16	Blueberry Waffles Mozzarella cheese stick Fruit juice milk 17	Apple Jacks cereal Yogurt Fruit juice milk 18
Cinnamon Roll Cheddar cheese stick Fruit juice milk 21	Blueberry Waffles Mozzarella cheese stick Fruit juice Milk 22	Apple Jacks cereal Yogurt Fruit juice milk 23	French toast Mozzarella cheese stick Mixed Fruit cup Fruit juice milk 24	Chex Mix Cheddar cheese Stick Mixed Fruit cup Fruit juice milk 25
Kolachi Mixed Fruit cup Fruit juice milk 28	CoCo Puffs cereal Yogurt Mixed fruit cup Fruit juice milk 29	Pancake on a stick w/sausage Mixed fruit cup Fruit Juice milk 30		

GOOD EATS AT:

South Plains Academy
Lubbock, Texas

SPECIAL ANNOUNCEMENTS

Breakfast is
the Most
Important
Meal of your
Day



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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.

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