

AUGUST

Special Announcements



**Next Month:
Grapes &
Cucumbers**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER BUD MILLER

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11 Chicken Biscuits, Carrots, Fruit Choice, Animal Crackers, Milk	12 Mini Cheeseburgers, Celery, Juice, Chips, Milk
15 Beefaroni, Celery, Fruit Choice, Graham Crackers, Milk	16 Grilled Cheese Sandwich, Baby Carrots, Goldfish, Fruit Choice, Milk	17 Taco Sticks, Jicama, Fruit Choice, Grain Choice, Milk	18 Pizza, Free Choice Veggie, Fruit Choice, Granola Bar, Milk	19 Ham and Cheese Hot Pocket, Broccoli, Fruit Option, Animal Crackers, Milk
22 Spaghetti and Meatballs, Veggie Choice, Fruit Choice, Animal Crackers, Milk	23 Chicken Cheese Burritos, Baby Carrots, Fruit Choice, Milk	24 Grilled Cheese Sandwich, Tomato Soup, Fresh Fruit, Goldfish, Milk	25 Chicken Biscuits, Carrots, Fruit Choice, Animal Crackers, Milk	26 Pizza, Free Choice Veggie, Fruit Choice, Granola Bar, Milk
29 Beef Ravioli, Broccoli, Fresh Fruit, Graham Crackers, Milk	30 Tuna, Celery, Fruit Choice, Goldfish, Milk	31 Mini Cheeseburgers, Baby Carrots, Juice, Chips, Milk	<div data-bbox="1123 1873 1472 1911" data-label="Section-Header"> <h3>Good Eats At:</h3> </div>	

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!

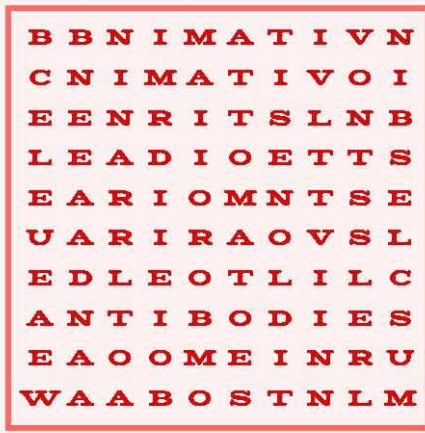
How do I pick a good watermelon? A hard watermelon with a dull appearance and a dark yellow spot on it is sure to be a winner! The dull appearance means it has ripened in the sun and the darker the color of the yellow spot, the longer it was on the vine sweetening up!

Growth Regions: High Plains Region, East Texas, Rio Grande Valley, and Winter Garden

Peak Growing Season: May – October



Word Search



Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

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.

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



Visit: SquareMeals.org/SeasonalityWheel