	SE	EPTE	M	BER		• Prairie Valley			
		Breakfast: Cereal Bar Lunch: French Bread Pizza	1.	2020 Breakfast: Pancake on a Stick Lunch: Boneless Chicken Wings	2.	Breakfast: Waffles Lunch: Popcorn Chicken	3.	Breakfast: Breakfast Bread Lunch: Quesadillas	f (4.
Labor Day No School	7.	Breakfast: Mini Pancakes Lunch: Pizza	8.	Breakfast : Pigs in a Blanket Lunch: Nachos	9.		10.	Breakfast: French Toast Lunch: Xtreme Burritos	11.
Flex Monday Breakfast: Cereal Bar Lunch: Sandwich	14.	Breakfast: Muffins Lunch: Meatball Sub	15.	Breakfast: Pancake on a Stick Lunch: Chicken Nuggets	16.	Breakfast: Cereal Bar Lunch: Pizza	17.	Breakfast: Waffles Lunch: Cheeseburger	18.
Flex Monday Breakfast: Cereal Bar Lunch: Sandwich	21.	Breakfast: Breakfast Sandwich Lunch: Chicken Parmesan	22.	Breakfast: Pancake on a Stick Lunch: Tacos	23.	Breakfast: Waffles Lunch:	24.	Breakfast: Breakfast Bread Lunch: Cheeseburger	25.
Flex Monday Breakfast: Cereal Bar Lunch: Sandwich	28.	Breakfast: Mini Pancakes Lunch: Corn Dogs	29.	Breakfast: Pigs in a Blanket Lunch: Steak Fingers	30.	Special Announcements: Breakfast includes: fruit, juice and /or milk Lunch includes: Choice of Vegetables, fruit, and milk Prices: Breakfast: Students are free Adults \$2.75 Lunch: Students \$2.85 reduced \$0.40 Adults \$4.00			•
Food and Nutrition D National School Lunch		and School Breakfast Progran	n This	TEXAS DEPARTMENT OF AGRIC COMMISSIONER SID N This product was funded by institution is an equal opportu	IILLER USDA.	der.		Updated 01/202 www.SquareMeals.o	

MARTIAN MELONS

Mars is the fourth planet from the sun and it gets its name from a mythological figure the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

COLOR BY NUMBERS

DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

Food and Nutrition Division National School Lunch Program and School Breakfast Program

TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

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