

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

		<p>1</p> <p>CHICKEN BURGER ON WHEAT CHEESE STICK & VEGGIE CUP FRENCH FRIES SWEET POTATO FRIES SALAD FOR SANWICH PICKLES, DILL GARDEN VEGGIESTICKS PEARS, FRESH STRAWBERRY ICE</p>	<p>2</p> <p>BRD. BEEF FINGER WG BISCUIT YOGURT & GRANOLA MARINATED SALAD MASHED POTATOES CREME GRAVY PLAIN GELATIN APRICOTS</p>	<p>3</p> <p>SUB SANDWICH SWEET POTATOE WITH HAM & CHEESE CUP CHICKEN NOODLE SOUP SALAD FOR SANWICH VEGGIES CUP ORANGES HALVES SUN CHIPS APPLE COBLER</p>
<p>6</p> <p>STUFFED CHEESE STICK CRISPY CHICK. SALAD GREEN BEANS TOSSED SALAD PEARS APPLE PUDDING</p>	<p>7</p> <p>BBQ RIB ON BUN CHEF SALAD /BREAD STICK PORK N BEANS SUN CHIPS SWEET POTATO FRIES PICKLES SLICES VEGGIES CUP ORANGES HALVES TROPICAL FRUIT</p>	<p>8</p> <p>CHEESE ENCHILIDA CORNBREAD CHEESE STICK & VEGGIE CUP SPANISH RICE PINTO BEANS JICAMA SALAD APPLE SLICE /FRUIT DIP</p>	<p>9</p> <p>PENNE W CHICKEN ALFREDO BREAD STICK YOGURT & GRAHAMS SPINACH SALAD SPICY ITALIAN POTATOES PLAIN GELATIN BANANA</p>	<p>10</p> <p>FISH STRIPS BATTER BREAD FRUIT CUP / SUNFLOWER SEEDS CABBAGE SLAW MAC & CHEESE APRICOTS FRESH FRUIT - IN SEASON Teddy Grahams</p>
<p>13</p> <p>BEEF RAVIOLI & BREAD STICK CHEF SALAD W TURKEY CAESAR SALAD VEG. MELANGE PEANUT BUTTER BARS APPLE</p>	<p>14</p> <p>CHEESE NACHO CRISPY CHICK. SALAD W/ CRACKERS PINTO BEANS SPANISH RICE PINEAPPLE CHUNKS FRESH FRUIT - IN SEASON</p>	<p>15</p> <p>HAMBURGER CHEESE STICK & VEGGIE CUP FRENCH FRIES SALAD FOR SANWICH SNICKERDOODLES COOKIE BANANA</p>	<p>16</p> <p>BAKED CHICKEN WHEAT ROLL YOGURT & GRANOLA GREEN BEANS MASHED POTATOES BROWN GRAVY ORANGES HALVES PEARS</p>	<p>17</p> <p>CHICKEN HONEY NUGGET WHITE RICE EGG ROLL PB & J SANDWICH BROCCOLI & CAULIFLOWER CORN PEACHES SPICE CAKE</p>
<p>20</p> <p>CHICKEN TETRAZZIN GARLIC BREAD CHEF SALAD W TURKEY BREAD STICK CAESAR SALAD SAVORY CARROTS PEARS ORANGES HALVES</p>	<p>21</p> <p>BEAN TACO CRISPY CHICK. SALAD CRACKERS SPANISH RICE SCOOBY DOO COOKIE PINEAPPLE CHUNKS APPLE</p>	<p>22</p> <p>HOTDOG HAMBURGER CHEESE STICK & VEGGIE CUP PICKLE SLICES BAKED BEANS FRENCH FRIES S. POTATO FRIES APPLE SAUCE FRESH FRUIT - IN SEASON</p>	<p>23</p> <p>CHICKEN TENDERS WG BISCUIT YOGURT & GRAHAMS GARDEN POTATOES CORN AND GREEN BEAN ITALIAN ICE KIWI FRUIT & BLUEBERRIES</p>	<p>24</p> <p>TOASTED CHEESE SANDWICH CHICKEN SALAD & CRACKERS FRUIT CUP & SUNFLOWER SEEDS BAKED CHIPS VEGETABLE SOUP MANDRIAN ORANGES APPLE SAUCE CAKE</p>
<p>27</p> <p>PEPPERONI PIZZA CHEF SALAD GARDEN SALAD SWEET POTATO FRIE GREEN BEANS APPLE FRUIT COCKTAIL</p>	<p>28</p> <p>CRISPY TACO CRISPY CHICK. SALAD/ BREAD STICK SALAD FOR TACO PINTO BEANS SPANISH RICE APRICOTS CANTALOUPE & GRAPES</p>	<p>29</p> <p>HAMBURGER CHEESE STICK & VEGGIE CUP FRENCH FRIES SALAD FOR SANWICH PLAIN GELATIN SCOOBY DOO COOKIE PEACHES</p>	<p>EAT SCHOOL MEALS!</p>	

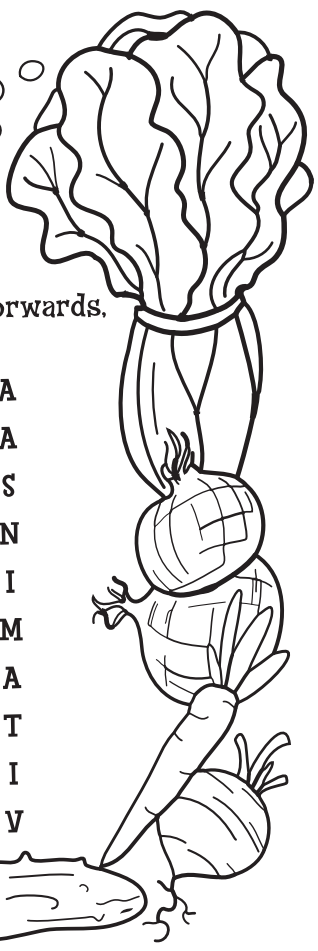


What does CAULIFLOWER bring me?



Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

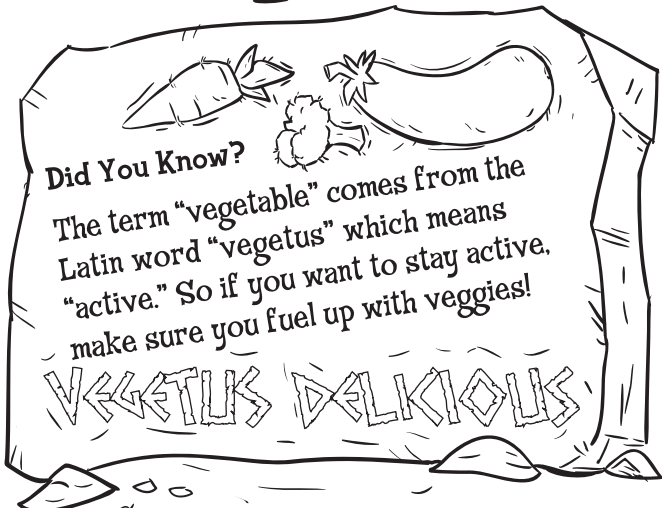
K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Lettuce, Tomato, Eggplant, Carrot, Kale, Pea, Beans, Corn)

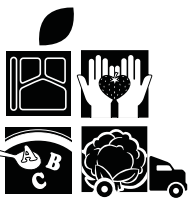


Just one. But it takes five a day to keep it bright!



OUR CAFETERIA BRINGS IT!

VARIETY MILK OFFERED DAILY
 EARLY RELEASE : FEBRUARY 10



Food and Nutrition
 3E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD STAPLES

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.
www.squaremeals.org

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

