

January



Tuesday

Wednesday

Thursday

Friday



Monday

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

Have FUN
and
color me!

square meals

What's your New Year's Resolution?

When kids around the country were asked that question, two of their top resolutions were eating less "junk" food and getting more exercise.

So many people think about making better food choices in January that it has become the month we celebrate **Healthy Weight Week (Jan. 20-26)**. Here are some daily tips that will help you maintain a healthful weight:

- * Start your day off right with a nutritious breakfast. Check out what your school cafeteria has to offer.
- * Drink water rather than high-calorie beverages to quench your thirst.
- * Slow down to eat and enjoy meals. When we eat too quickly, our bodies need more food to feel satisfied.
- * Spend as much time exercising as you do watching television and playing video or computer games.



Fun Facts

- * We celebrate **National Oatmeal Month** in January because people eat more oatmeal this month than any other time of the year. The hot, tasty cereal has fiber and nutrients that keep you healthy.
- * January is also **National Skating Month**, which reminds us that exercising to stay fit can also be fun! Lace up those skates and go for a spin.



Check Out the CAFETERIA BUZZ



WELCOME BACK IT'S 2008

MENUS ARE SUBJECT TO CHANGE

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. 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 Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

