

Hooray for the
AFTER SCHOOL
SNACK
PROGRAM

April

ENJOY
HEALTHY SNACKS



Wednesday

Thursday

Friday

Monday

Tuesday

square meals

Have FUN
and
color me!

		<p>1 Biscuit Sausage Jelly Juice Milk</p> <hr/> <p>Steak Fingers Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>2 Breakfast Pizza Juice Milk</p> <hr/> <p>Spaghetti & Meat Sauce Veggie Fruit Max Stix Cookies Milk</p>	<p>3 Cinnamon Toast Cereal Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p>6 Pancake Sausage On a Stick Juice Milk</p> <hr/> <p>Pizza Corn Fruit Cookies Milk</p>	<p>7 Bagels Juice Milk</p> <hr/> <p>Soft Tacos Taco Fixins Beans Fruit Cookies Milk</p>	<p>8 Ham & Cheese Puffs Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>9 Pancakes Syrup Juice Milk</p> <hr/> <p>Hamburgers \ BBQ Burger Fixins Baked Chips Fruit Cookies Milk</p>	<p>10</p> <p>NO SCHOOL TODAY</p>
<p>13 Strudels Cereal Juice Milk</p> <hr/> <p>Corn Dogs Mac & Cheese Veggie Fruit Cookies Milk</p>	<p>14 Sausage Rolls Juice Milk</p> <hr/> <p>Ham Sandwiches Sandwich Fixins Baked Chips Fruit Cookies Milk</p>	<p>15 Breakfast Pizza Juice Milk</p> <hr/> <p>Turkey Roast Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>16 Cinnamon Toast Cereal Juice Milk</p> <hr/> <p>Chicken Fajitas Beans Fruit Cookies Milk</p>	<p>17 Bagels Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p>20 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Pizza Corn Fruit Cookies Milk</p>	<p>21 Pancakes Syrup Juice Milk</p> <hr/> <p>Burritos Salad Veggie Fruit Cookies Milk</p>	<p>22 Biscuit Sausage Jelly Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>23 Ham & Cheese Puffs Juice Milk</p> <hr/> <p>Tater Tot Casserole Veggie Fruit Rolls Milk</p>	<p>24 Strudels Cereal Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p>27 French Toast Sticks Lil Smokies Juice Milk</p> <hr/> <p>Fish Salad Veggie Fruit Cookies Milk</p>	<p>28 Pancake Sausage On a Stick Juice Milk</p> <hr/> <p>Hot Dogs Carrot Sticks Veggie Fruit Cookies Milk</p>	<p>29 Bagels Juice Milk</p> <hr/> <p>Salisbury Steak Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>30 Sausage Rolls Juice Milk</p> <hr/> <p>Nachos Beans Fruit Cookies Milk</p>	



Mix it Up for Better Health.

Did you know that people who eat a wide variety of foods are healthier? This is because different foods contain different amounts and combinations of what's good for you. To keep your meals healthy at school and at home, choose a variety of foods. That way you'll never get bored!

Live La Vida Local!

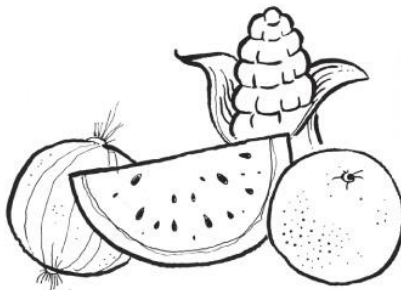
Fruits and vegetables from right here in Texas taste delicious because they're so fresh. Celebrate **Texas Fruit and Vegetable Month** by munching on the best the state – and the season – has to offer. This month you'll find broccoli, celery, cucumbers, peaches, oranges and potatoes that are ripe and ready to eat. Maybe they're grown at a farm right down the road from you!



Texas Produce Word Find

Circle the nine Texas-grown fruits and vegetables hidden in the puzzle. The words can be horizontal, vertical or diagonal – frontward or backward!

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



watermelon, spinach, peas, onion, pumpkin, apple, lime, corn, orange

Check Out the CAFETERIA BUZZ

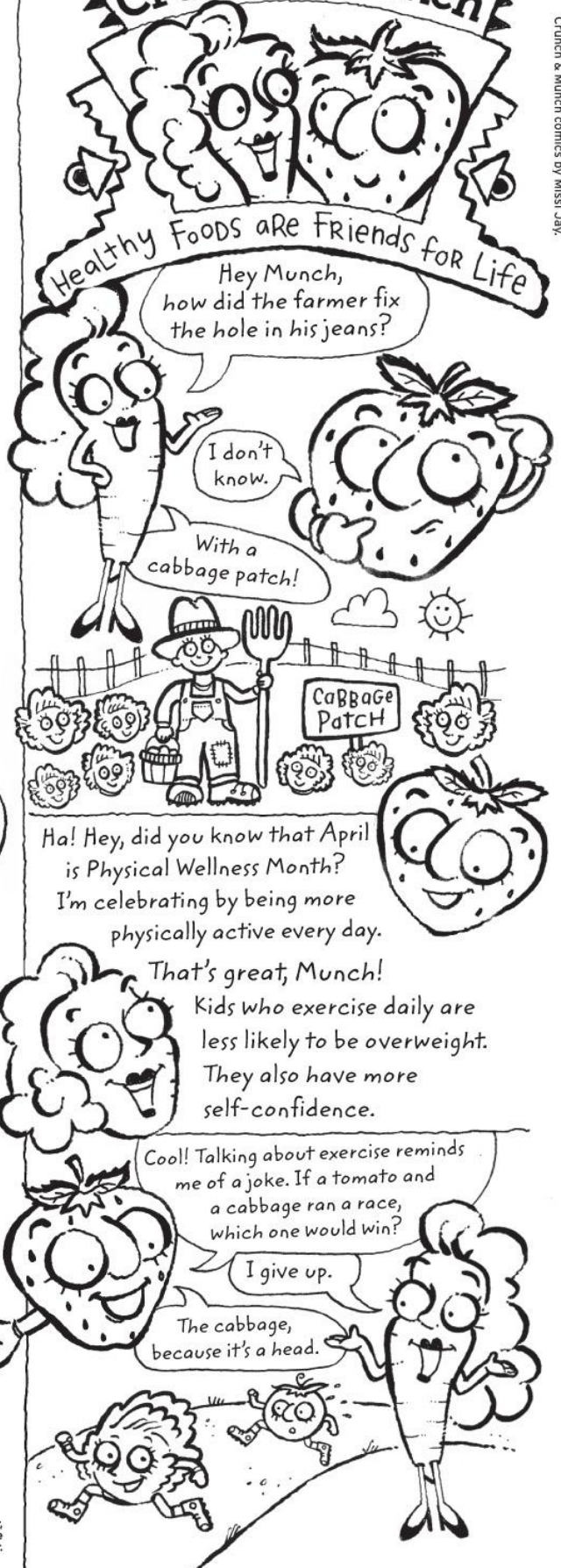


As of May 4, 2009, students will no longer be able to charge in the cafeteria for this school year. Your child will have to pay cash or have money in their "NUTRIKIDS" account. Any charges your child owes must be paid by May 15, 2009.

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

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 Adjudication and Compliance, 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.

Crunch & Munch



Crunch & Munch comics by Missi Jay.