

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

		1 Breakfast Pizza Chicken Rings Steak Fingers Mashed Potatoes Green Beans Diced Peaches Rolls Milk	2 Sausage Link & Biscuits Hotdogs/Chilidogs Sweet Peas Baked Chips Applesauce Jello Milk	3 Cinnamon Rolls Hamburgers BBQ Beef on a Bun Salad Cups/Pickle Cups Tater Tots Diced Pears Milk
6 Sausage Rolls Pizza Corn Broccoli w/Ranch Cups Pineapple Tidbits Pudding Cups Milk	7 Chicken & Biscuits Crunchy Beef Tacos Salad Cups Blackeyed Peas Mixed Fruit Milk	8 Pancakes Chicken Nuggets Chicken Fried Steak Mashed Potatoes Green Beans Diced Peaches Rolls Milk	9 Sausage & Biscuits Corndogs Mac & Cheese Baked Beans Applesauce Jello Milk	10 Pancake Sausage Sticks Hamburgers Pork Rib on a Bun Salad Cups/Pickle Cups Tater Tots Diced Pears Milk
13 Sausage Rolls Pizza Corn Carrots w/Ranch Cups Pineapple Tidbits Pudding Cups Milk	14 Chicken & Biscuits Beef/Cheese Nachos Pinto Beans Mixed Fruit Milk	15 Breakfast Pizza Popcorn Chicken Salisbury Steak Mashed Potatoes Green Beans Diced Peaches Rolls Milk	16 Sausage & Biscuits Sea Shaped Fish Coleslaw Pork & Beans Applesauce Jello Milk	17 Cinnamon Rolls Hamburgers Chicken Pattie on a Bun Salad Cups/Pickle Cups Tater Tots Diced Pears Milk
20 HOLIDAY	21 Chicken & Biscuits Beef/Cheese Burritos Refried Beans Mixed Fruit Salsa Milk	22 Pancakes Chicken Rings Steak Fingers Mashed Potatoes Green Beans Diced Peaches Rolls Milk	23 Sausage & Biscuits Hotdogs/Chilidogs Sweet Peas Baked Chips Applesauce Jello Milk	24 Pancake Sausage Sticks Hamburgers Pork Rib on a Bun Salad Cups/Pickle Cups Tater Tots Diced Pears Milk
27 Sausage Rolls Pizza Corn Carrots w/Ranch Cups Pineapple Tidbits Pudding Cups Milk	28 Chicken & Biscuits Crunchy Beef Tacos Salad Cups Blackeyed Peas Mixed Fruit Milk	29 Breakfast Pizza Roasted Chicken Mashed Potatoes Green Beans Diced Peaches Rolls Milk	<p>EAT SCHOOL MEALS!</p>	



What does CAULIFLOWER bring me?



Color Your Meals Healthy!

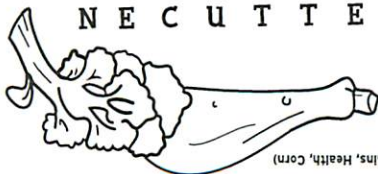
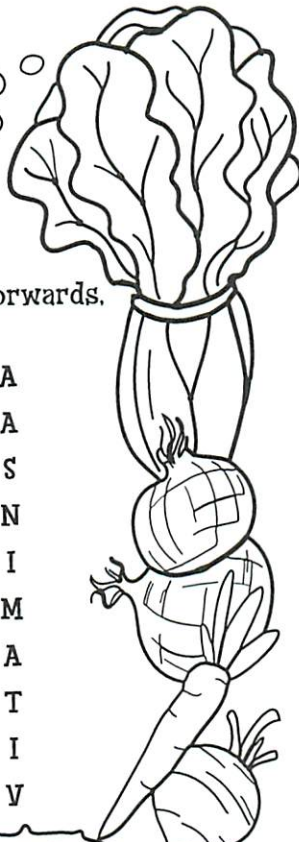
Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding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



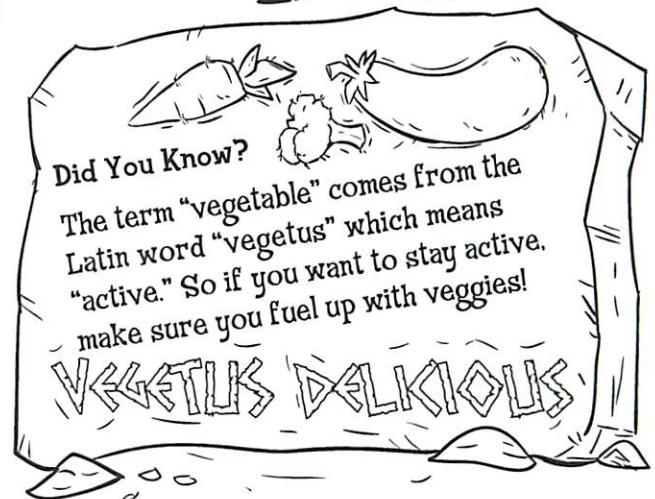
Veggie Seek and Find

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, Kale, Vitamins, Health, Corn)

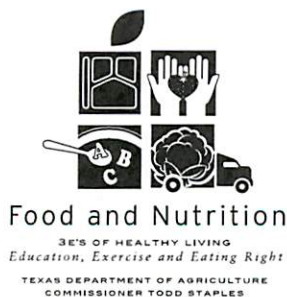
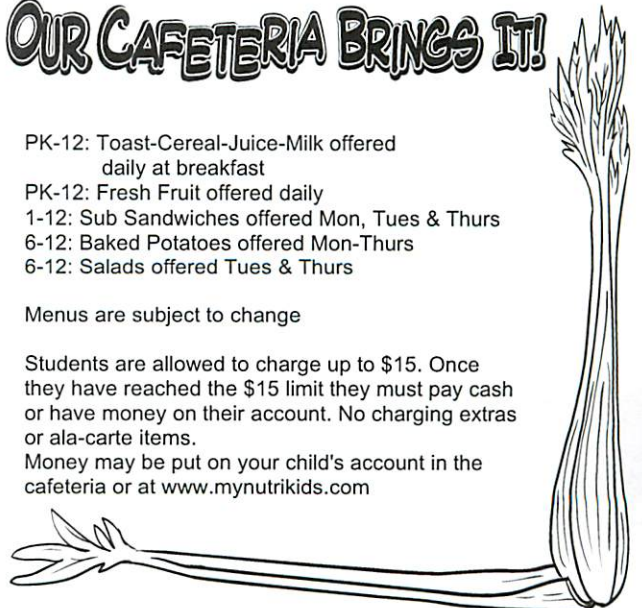


OUR CAFETERIA BRINGS IT!

- PK-12: Toast-Cereal-Juice-Milk offered daily at breakfast
- PK-12: Fresh Fruit offered daily
- 1-12: Sub Sandwiches offered Mon, Tues & Thurs
- 6-12: Baked Potatoes offered Mon-Thurs
- 6-12: Salads offered Tues & Thurs

Menus are subject to change

Students are allowed to charge up to \$15. Once they have reached the \$15 limit they must pay cash or have money on their account. No charging extras or ala-carte items. Money may be put on your child's account in the cafeteria or at www.mynutrikids.com



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.