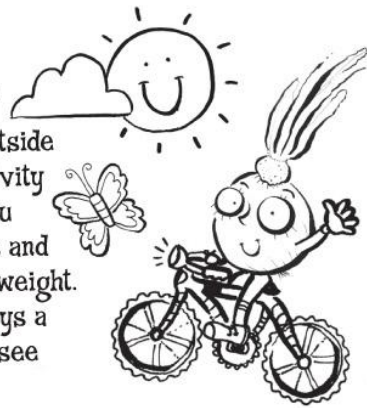


Monday		Tuesday		Wednesday		Thursday		Friday		
								1 Breakfast Pizza Juice Milk		
								Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk		
4 Donuts Lil Smokies Juice Milk	5 Cereal Cinnamon Toast Juice Milk	6 Biscuit Sausage Jelly Juice Milk	7 Ham & Cheese Puffs Juice Milk	8 Pancake Sausage On a Stick Juice Milk	11 French Toast Sticks Lil Smokies Juice Milk	12 Breakfast Pizza Juice Milk	13 Sausage Rolls Juice Milk	14 Bagels Juice Milk	15 Strudels Cereal Juice Milk	
Steak Fingers Mashed Potatoes / Gravy Veggie Fruit Rolls Milk	Hot Dogs / Corndogs Mac & Cheese Veggie Fruit Cookies Milk	Salisbury Steak Mashed Potatoes / Gravy Veggie Fruit Rolls Milk	Tacos Taco Fixins Beans Fruit Cookies Milk	Ham Sandwiches Sandwich Fixins Chips Fruit Cookies Milk	Pizza Corn Fruit Cookies Milk	Frito Pie Salad Veggie Fruit Cookies Milk	Turkey Roast Mashed Potatoes / Gravy Veggie Fruit Rolls Milk	Lasagna Veggie Fruit Max Stix Cookies Milk	Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk	
18 Pancake Sausage On a Stick Juice Milk	19 Sausage Rolls Juice Milk	20 Biscuit Sausage Jelly Juice Milk	21 Cereal Cinnamon Toast Juice Milk	22 Pancakes Syrup Juice Milk						
Pizza Corn Fruit Cookies Milk	Beef Nachos Salad Beans Fruit Cookies Milk	Chicken Rings Mashed Potatoes / Gravy Veggie Fruit Rolls Milk	Chicken Enchiladas Salad Veggie Fruit Cookies Milk	Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk						
25 No School Today	26 Manager's Choice	27 Manager's Choice	28 Manager's Choice	29 Manager's Choice						

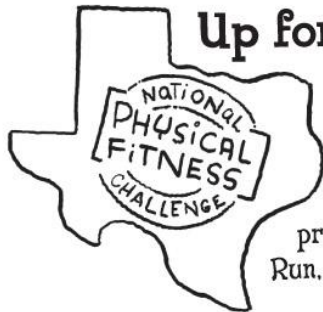
VARIETY OF MILK OFFERED DAILY

# Springtime is here!

Springtime is here! Time to get outside and exercise. Regular physical activity makes your heart happy, keeps you flexible, strengthens your muscles and helps you maintain a healthy body weight. Exercise 30 minutes a day, five days a week – at school or at home – and see how good you feel!



## Up for a challenge?



May is National Physical Fitness and Sports Month. This is a great time for Texans of all ages to set a fitness goal and keep track of their progress. What is your fitness goal? Run, jump or skip toward it starting today!

May is also Family Wellness Month. To improve the health of your family, do fun things together. Here are some ideas:

- \* Use MyPyramid to plan meals and snacks the whole family will love.
- \* Let each family member choose a physical activity for everyone to enjoy.
- \* Record each family member's fitness goals in a notebook where everyone can track their progress.



\* Can you think of other ways to get your family on the fast track to wellness?

## Check Out the CAFETERIA BUZZ



As of **May 4, 2009** students will no longer be allowed to charge in the cafeteria for the 2008-2009 school year. They will have to pay cash or have money on their account.

Student charges must be paid in full by **May 15, 2009**.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://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.

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