

September



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Pop Tarts Juice Milk Ravioli Green Beans Fruit Max Stix No Bakes Milk	3 Bagels Juice Milk Chicken Rings Mashed Potatoes Veggies Fruit Rolls Milk	4 Sausage Rolls Juice Milk Tater Tot Casserole Veggies Bread Fruit Milk	5 Pancakes Syrup Juice Milk Hamburgers / BBQ Burger Fixins Fries Fruit Chocolate Chip Cookie Milk
8 Sausage Rolls Juice Milk Steak Fingers Mashed Potatoes Green Beans Fruit Rolls Milk	9 Sausage Biscuit Jelly Juice Milk Pizza Corn Salad Fruit GHS Cookies Milk	10 Cereal Toast Jelly Juice Milk Pork Roast Mashed Potatoes Veggies Fruit Rolls Milk	11 Ham & Cheese Puffs Juice Milk Spaghetti with Meat Sauce Salad Veggies Fruit Max Stix Milk	12 Strudels Cereal Juice Milk Hamburgers / BBQ Burger Fixins Fries Fruit Chocolate Chip Cookie Milk
15 Pancake Sausage On a Stick Jelly Juice Milk Pizza Corn on cob Salad Fruit No Bakes Milk	16 Strudels Cereal Juice Milk Ham Sandwiches Sandwich fixins Carrot Sticks Chips Fruit Lemon Cookies Milk	17 Sausage Biscuit Jelly Juice Milk Chicken Rings Mashed Potatoes Veggies Rolls Milk	18 French Toast Juice Milk Corn Dogs Baked Beans Mac & Cheese Fruit Peanut Butter Cookie Milk	19 Pancakes Syrup Juice Milk Hamburgers / BBQ Hamburger Fixins Fries Fruit Chocolate Chip Cookie Milk
22 Breakfast Pizza Juice Milk Pizza Corn Salad Fruit No Bakes Milk	23 Cereal Toast Juice Milk Chicken Fajitas Refried Beans Salad Fruit No Bakes Milk	24 Donuts Lil Smokies Juice Milk Chicken Rings Mashed Potatoes Veggies Rolls Milk	25 Ham & Cheese Puffs Juice Milk Beef & Cheese Burritos Pinto Beans Rice Cornbread Fruit Milk	26 Bagels Juice Milk Hamburgers / BBQ Hamburger Fixins Fries Fruit Chocolate Chip Cookies Milk
29 Breakfast Pizza Juice Milk Pizza Corn Salad Fruit Oatmeal Cookies Milk	30 Sausage Biscuit Jelly Juice Milk Chicken Sandwich Sandwich Fixins Chips Fruit No Bakes Milk			

It's time to move your body and use your noggin.

This month is all about staying fit and making healthy choices. On Sept. 27, we celebrate **Family Health & Fitness Day** to remind us that exercise is an important part of staying healthy. Also, the second week in September marks **Obesity Awareness Week**. Two out of three Texans are overweight or obese, which can lead to many health problems. Eating right and exercising are keys to staying at a healthy weight.

Size It Up

Another way to maintain a healthy weight is to eat the right size portions of food. That means no super-sizing! The amount of food you need each day depends on your age, gender and level of physical activity. Go to www.mypyramid.gov to find out the amount of healthy food you need each day. See how well you do on this quiz, which will help you remember recommended portion sizes.

- One slice of bread is about the same size as:
A. Notebook paper B. A CD jewel case
- One glass of milk is about the same size as:
A. A tennis ball B. A Ping-Pong ball
- One cup of cereal is about the same size as:
A. Your foot B. A baseball
- One cup of mixed greens salad is about the same size as:
A. A light bulb B. A size C battery
- One 3-ounce serving of meat, fish or chicken is about the same size as:
A. A deck of cards B. A pencil

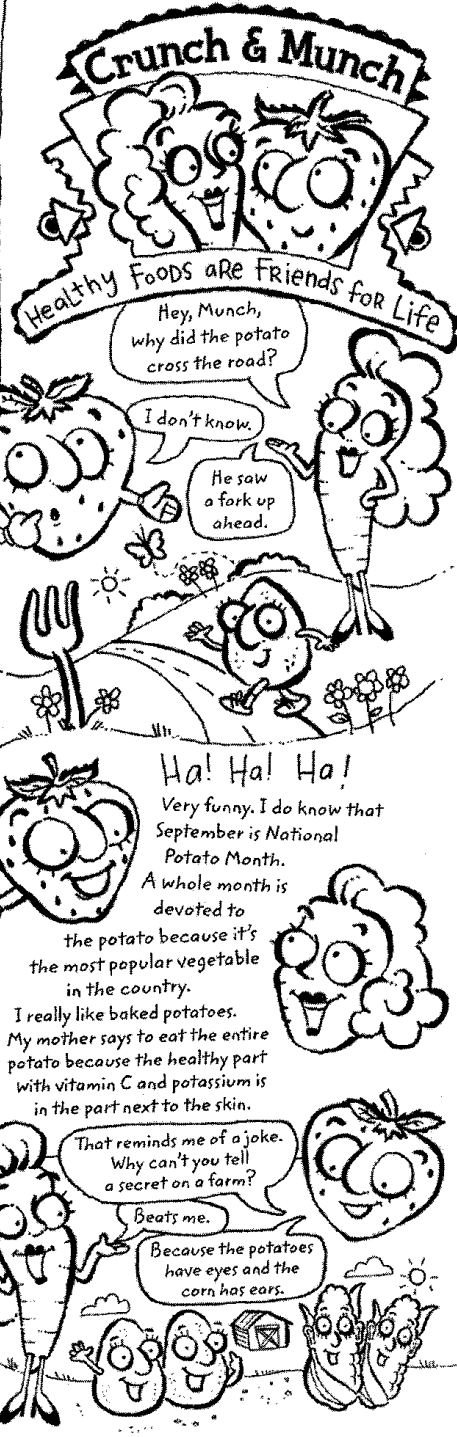


Check Out the CAFETERIA BUZZ



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.
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Crunch & Munch comics by MISSI JAY