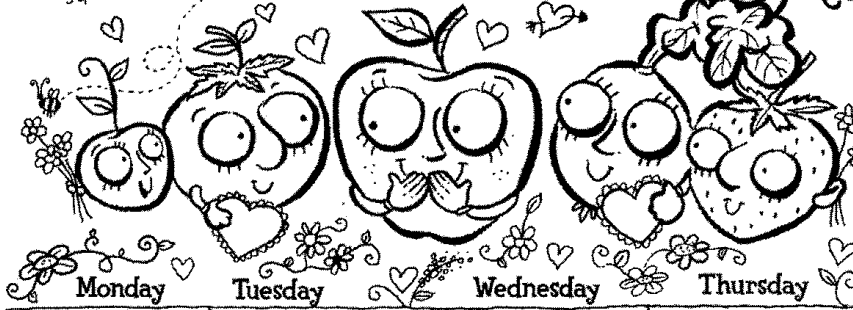


February

Have FUN and color Me!



Friday

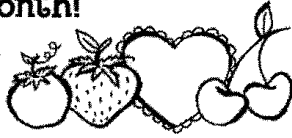
| | | | | |
|---|---|--|--|--|
| <p>4 Sausage Rolls Juice Milk</p> <hr/> <p>Chicken Quesadillas Mex. Rice Refried Beans Fruit Milk</p> | <p>5 Cereal Bars Lil Smokies Juice Milk</p> <hr/> <p>Beef Nachos Pinto Beans Salad Cornbread Fruit Milk</p> | <p>6 Sausage Biscuit Jelly Juice Milk</p> <hr/> <p>Ravioli Corn Salad Fruit Milk</p> | <p>7 Bagels Juice Milk</p> <hr/> <p>Corn Dogs Mac & Cheese Baked Beans Rolls Fruit Milk</p> | <p>8 Cereal Sausage Juice Milk</p> <hr/> <p>Hamburgers/BBQ Lettuce & Tomato Chips Fruit Milk</p> |
| <p>11 Breakfast Pizza Juice Milk</p> <hr/> <p>Pizza Corn on Cob Salad Fruit Milk</p> | <p>12 Pancake Sausage on a Stick Syrup Juice Milk</p> <hr/> <p>Beef & Cheese Burrito Pinto Beans Lettuce & Tomato Fruit Milk</p> | <p>13 Sausage Biscuit Jelly Juice Milk</p> <hr/> <p>Fish Mac & Cheese Baked Beans Peas & Carrots Rolls Fruit Milk</p> | <p>14 French Toast Sticks Lil Smokies Juice Milk</p> <hr/> <p>Ham Sub Lettuce & Tomato Pickle Spears Chips Fruit Milk</p> | <p>15 Donuts Sausage Juice Milk</p> <hr/> <p>Hamburgers/Pizza Lettuce & Tomato Fries Fruit Milk</p> |
| <p>18</p> <p>HOLIDAY</p> | <p>19 Cereal Lil Smokies Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Green Beans Fruit Rolls Milk</p> | <p>20 Sausage Biscuit Jelly Juice Milk</p> <hr/> <p>Chili Fritos Salad Corn on Cob Fruit Milk</p> | <p>21 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Chicken Fajitas Refried Beans Salad Fruit Milk</p> | <p>22 Sausage Rolls Juice Milk</p> <hr/> <p>Hamburgers/BBQ Lettuce & Tomato Fries Fruit Milk</p> |
| <p>25 Cereal Bars Sausage Juice Milk</p> <hr/> <p>Steak Fingers Mashed Potatoes Green Beans Fruit Rolls Milk</p> | <p>26 Cinnamon Toast Lil Smokies Juice Milk</p> <hr/> <p>Ham Sub Lettuce & Tomato Chips Fruit Milk</p> | <p>27 Bagels Juice Milk</p> <hr/> <p>Pizza Salad Corn Fruit Milk</p> | <p>28 Pancakes Sausage Syrup Juice Milk</p> <hr/> <p>Tacos Lettuce & Tomato Refried Beans Fruit Milk</p> | <p>29 Ham & Cheese Juice Milk</p> <hr/> <p>Hamburgers/BBQ Lettuce & Tomato Fries Fruit Milk</p> |

1 Cherry/Apple Strudel
Sausage
Juice Milk

Hamburgers/Pizza
Lettuce & Tomato
Chips
Fruit
Milk

Think RED this month!

Red is the color of Valentine's Day with red hearts and flowers. It's also the color of some of the healthiest fruits and vegetables. The Produce for a Better Health Foundation calls these foods "red-hot and healthy" because they're nutritious and help prevent diseases.



Make a Match

Write down the number of the sentence that matches each word.

- | | |
|-------------------|---|
| ___ A. Tomato | 1. This fruit looks like a heart-shaped Valentine. |
| ___ B. Cherry | 2. A Russian soup called borscht is made from this vegetable. |
| ___ C. Strawberry | 3. The saying goes that eating one of these each day "keeps the doctor away." |
| ___ D. Apple | 4. Many people enjoy slicing this in a salad with lettuce. |
| ___ E. Beet | 5. People love this long-stemmed fruit in desserts, but it's also great for snacks. |

Heart Healthy Exercises

During National Heart Month in February, try out different exercise programs. It's best to start slowly and then add more time each week. Here are some of the most popular activities:

- * **Jumping rope** - it exercises your heart as much as running
- * **Dancing** - great when you can't go outside
- * **Walking** - a fast pace really gets you pumped

Check Out the CAFETERIA BUZZ



MENU IS 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) 795-0272 or (202) 720-6362 (TTY). USDA is an equal opportunity provider and employer.



Crunch & Munch created by MISSI JAY

