

February



MONDAY

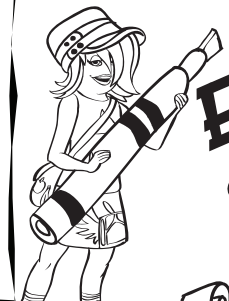
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

		<p>1</p> <p>Hamburger Oven Fries Fruit Milk</p>	<p>2</p> <p>Chicken Quesadilla Pinto Beans Salsa Rice Fruit Milk</p>	<p>3</p> <p>Grilled Cheese Sandwich Baby Carrots Pickle Spears Fruit Milk</p>
<p>6</p> <p>Cheese Chicken Spaghetti Breadstick Baby Carrots Fruit Milk</p>	<p>7</p> <p>Cheese Stick with Pizza Sauce Green Beans Fruit Milk</p>	<p>8</p> <p>Chicken Nuggets Mashed Potatoes Corn Fruit Mil</p>	<p>9</p> <p>CornDog Tater Tots Fruit Milk</p>	<p>10</p> <p>Soft Taco Wrap Refried Beans Salsa Rice Fruit Milk</p>
<p>13</p> <p>Hot Dog Tater Tots Fruit Milk</p>	<p>14</p> <p>Chicken Nuggets Mashed Potatoes Green Beans Strawberry Cup Milk</p>	<p>15</p> <p>French Bread Pizza Salad or Veggie Dippers Fruit Milk</p>	<p>16</p> <p>Ham or Turkey Hoagies Baked Chips Pickle Spears Fruit Milk</p>	<p>17</p> <p>Pancake & Syrup Sausage Hashbrown Veggie Dippers Fruit Milk</p>
<p>20</p> <p>No SCHOOL (President's Day)</p>	<p>21</p> <p>Steak Fingers Mashed Potatoes Blackeye Peas Fruit Milk</p>	<p>22</p> <p>Chicken Wrap Pinto Beans Salsa Rice Fruit Milk</p>	<p>23</p> <p>Italian Spaghetti Breadstick Veggie Dippers Fruit Milk</p>	<p>24</p> <p>"Texan Day" BBQ Brisket on Bun Oven Fries Fruit Milk</p>
<p>27</p> <p>Grilled Cheese Sandwich Baby Carrots Pickle Spears Fruit Milk</p>	<p>28</p> <p>Pancake & Syrup Sausage Hashbrown Veggie Dippers Fruit Milk</p>	<p>29</p> <p>Pizza Salad or Veggie Dippers Fruit Milk</p>	 <p>EAT SCHOOL MEALS!</p>	

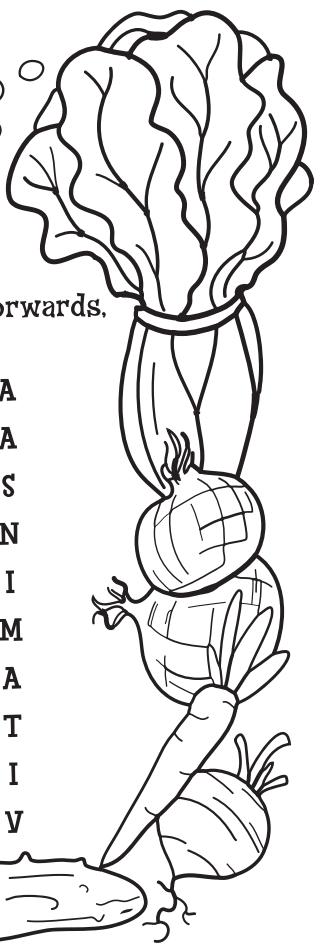


What does CAULIFLOWER bring me?



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?



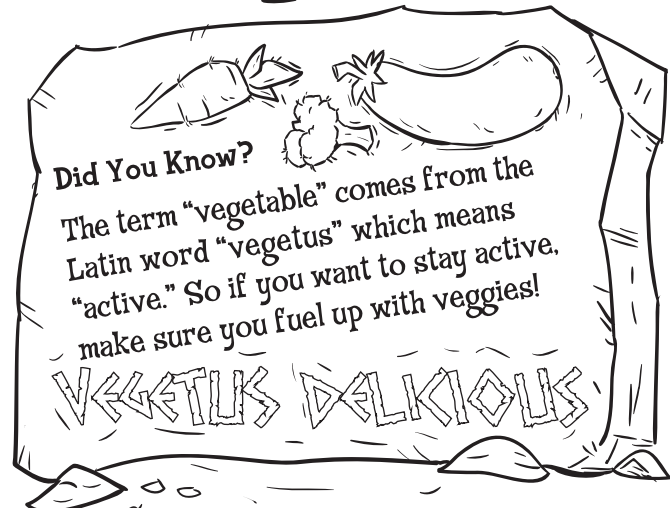
Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

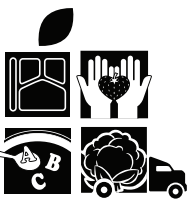
K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Kale, Vitamins, Health, Corn)



OUR CAFETERIA BRINGS IT!



Food and Nutrition

3E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD STAPLES

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