

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

		<p>1 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken Rings, potatoes, gravy, beans, fruit, bread, milk MS&HS- Burger</p>	<p>2 Breakfast- Honey Bun, fruit, juice, milk Lunch- Sausage on a bun, baked beans, carrot sticks, fruit, chips, milk MS&HS- Pizza Pocket</p>	<p>3 Breakfast- French Sticks, sausage, juice, Milk Lunch- Tiger Chic-Filet, fixins, waffle fries, fruit, milk</p>
<p>6 Breakfast- Biscuit, Sausage, juice, milk Lunch- Nachos, meat, cheese beans, fruit, milk, cookie MS&HS- Burrito</p>	<p>7 Breakfast- Kolache, fruit, milk, juice Lunch- Hot Dog, chili, cheese, chips, fruit, milk MS&HS- Pizza Pocket</p>	<p>8 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken Strips, potatoes, gravy, beans, milk, bread MS&HS-Corndog</p>	<p>9 Breakfast- Cheese Omelet, Biscuit, juice, milk Lunch- Pizza, salad, corn, fruit, milk MS&HS- Chicken Sandwich</p>	<p>10 Breakfast- Mini Pancakes, sausage, juice, milk Lunch- Tiger Burger, fixins, fries, fruit, milk</p>
<p>13 Breakfast- Chicken Biscuit, fruit, juice, milk Lunch-Soft Taco, cheese, lettuce, rice, beans, fruit, milk MS&HS- Burrito</p>	<p>14 Breakfast- Pizza, fruit, juice, milk Lunch- Spaghetti, corn cob, fruit, garlic toast, milk MS&HS- Pizza</p>	<p>15 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken Fried Steak, potatoes, gravy, beans, bread, milk MS&HS- Nuggets</p>	<p>16 Breakfast- Biscuit, Gravy, fruit, juice, milk Lunch- Corndog, mac&cheese, carrot sticks, fruit, milk MS&HS-Chicken Sandwich</p>	<p>17 Breakfast- Pancake on a Stick, fruit, juice, milk Lunch- Bag Lunch Early Release</p>
<p>20 Breakfast- Honey Bun, fruit, juice, milk Lunch- Beef Taco Pie, tortilla rounds, rice, beans, fruit, milk MS&HS- Burrito</p>	<p>21 Breakfast- waffle, sausage, juice, milk Lunch- Sausage on a stick, baked beans, chips, peach cobbler, milk MS&HS- Burger</p>	<p>22 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch- Chicken, peas, cornbread, fruit, pudding, milk MS&HS- Nuggets</p>	<p>23 Breakfast- Burrito, fruit, juice, milk Lunch- Baked Potato, Ham Cheese, crackers, corn, milk, jello MS&HS- Pizza</p>	<p>24 Breakfast- French Toast, Sausage, juice, milk Lunch- Tiger Burger, fixins, fries, fruit, milk</p>
<p>27 Breakfast- Cin. Raisin Biscuit, yogurt, juice, milk Lunch-Nachos, meat, cheese, brownie, milk MS&HS-Burrito</p>	<p>28 Breakfast-Chicken, Biscuit, juice, milk Lunch- Chicken Spaghetti, roll, beans, fruit, milk MS&HS- Corndog</p>	<p>29 Breakfast- Ham & Cheese Croissant, fruit, juice, milk Lunch-Steak Fingers, potatoes, gravy, corn cob, bread, milk MS&HS- Chic Sandwich</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?



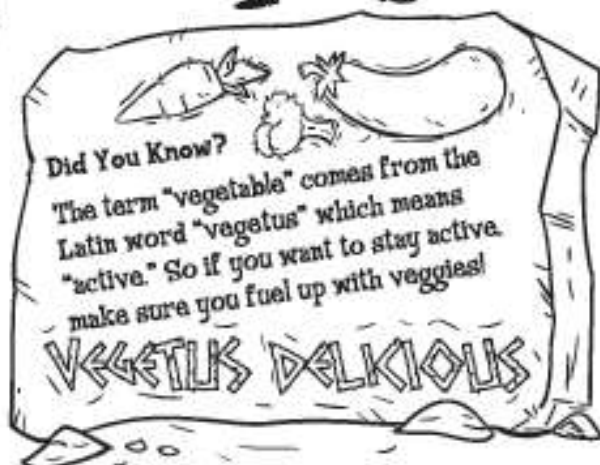
Veggie Seek and Find

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



(Illustrations: Vegetables, Broccoli, Carrot, Eggplant, Onion, Tomato, Pea, Potato, Spinach, Sweet Corn)



OUR CAFETERIA BRINGS IT!



Food and Nutrition
 PART OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
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