

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN COLOR ME!**

		<p><b>1</b> Breakfast Pizza, Fruit, or Cereal of Choice</p> <p>Slappy Joes Corn on the Cob Cole Slaw Fruit Cup Milk</p>	<p><b>2</b> Waffles, Fruit, or Choice of Cereal</p> <p>Hamburger Pizza Pasta Salad Garden Salad Grapes Milk</p>	<p><b>3</b> Breakfast Tacos, or Choice of Cereal</p> <p>Chicken Club Sandwich Club Salad Cup Tater Tots Fruited Gelatin Milk</p>
<p><b>6</b> Muffins, Yogurt, or Cereal of Choice</p> <p>Steak Fingers Noodles, Gravy Mixed Vegetables Diced Peas Bread, Milk</p>	<p><b>7</b> Pancakes, Fruit, or Choice of Cereal</p> <p>Baked Ham Macaroni &amp; Cheese Sweet Peas Fresh Fruit Cup Bread, Milk</p>	<p><b>8</b> Cranon Toast, Fruit, Cereal of Choice</p> <p>Chicken Nuggets Mashed Potatoes Broccoli Normandy Rolls, Mixed Fruit Milk</p>	<p><b>9</b> Breakfast Bagel, Fruit, or Cereal of Choice</p> <p>Spaghetti w/Meat Sauce Green Beans Garden Salad Bread Sticks, Milk</p>	<p><b>10</b> Biscuits, Sausage, Fruit, or Choice of Cereal</p> <p>Beef Chalapas Chalapa Salad Cup Spanish Rice Apples Milk</p>
<p><b>13</b></p> <p>No School</p>	<p><b>14</b> Toast, Fruit, and Cereal of Choice</p> <p>Fish Burger Macaroni &amp; Cheese Mixed Vegetables Rosy Applesauce Milk</p>	<p><b>15</b> Sausage Rolls, Fruit, or Choice of Cereal</p> <p>Beef Burritos Pinto Beans Mexicali Corn Apples Milk</p>	<p><b>16</b> Banche Sausage Wrap, Fruit, or Cereal of Choice</p> <p>Corn Dogs Baked Beans Broccoli Salad Peaches Milk</p>	<p><b>17</b> Bagel, Eggs, or Cereal of Choice</p> <p>Cheese Burger Burger Salad Cup Tater Tots Fruit Cup Milk</p>
<p><b>20</b> Muffins, Yogurt, or Cereal of Choice</p> <p>Bar-B-Q on a Bun Pasta Salad Cole Slaw Oranges Milk</p>	<p><b>21</b> French Toast</p> <p>Lasagna Garden Salad Italian Vegetables Bread Sticks Mixed Fruit, Milk</p>	<p><b>22</b> Breakfast Bagel, Fruit, or Choice of Cereal</p> <p>Grilled Cheese Sandwich Noodle Soup Carrot Sticks Fruit of Choice, Milk</p>	<p><b>23</b> Breakfast Pizza, Fruit, or Choice of Cereal</p> <p>Chicken Spaghetti Broccoli Normandy Fruit Crisp Garlic Bread Milk</p>	<p><b>24</b> Biscuits, Eggs, or Choice of Cereal</p> <p>Nachos Grande or Tuna Salad Cup Pinto Beans Fruited Gelatin Milk</p>
<p><b>27</b> Toast, Fruit, and Choice of Cereal</p> <p>Chicken Strips Noodles/Gravy Mixed Vegetables Fruit of Choice Bread, Milk</p>	<p><b>28</b> Waffles, Eggs, or Cereal of Choice</p> <p>Chili Hot Dogs Tater Tots Apples Milk</p>	<p><b>29</b> Breakfast Tacos, Fruit or Cereal of Choice</p> <p>Beef Stroganoff Mashed Potatoes Green Beans Peaches, Milk Homemade Bread</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?



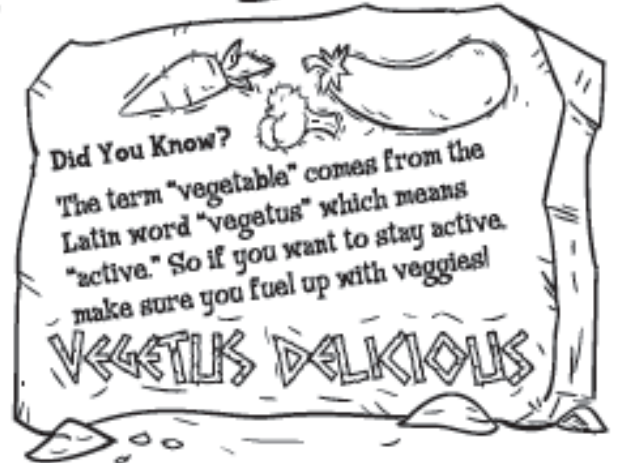
## Veggie Seek and Find

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, Carrots, Radishes, Lettuce, Peas, Beans, Peppers, Corn)



## OUR CAFETERIA BRINGS IT!

*We had our CRE this last month and the lunchroom staff did a great job, we got a perfect score, I want to take the time to thank my staff for doing such a great job I could not get that perfect score without all of their help.*

*I also want to take the time to wish all of our UIL participant's good luck in all of their upcoming events, also good luck to the Bobkatz and Kittens basketball teams.*

*Keep eating healthy and don't forget to exercise. Mrs. Rosie*



**Food and Nutrition**  
 PART OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 OUR PARTNER FROM STAPLES

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