

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN COLOR ME!**

		<p><b>1</b> Eggs, Toast &amp; Fruit</p> <p>Hot Dog Chili &amp; Cheese Fritos Carrots Celery</p>	<p><b>2</b> Cereal, Raisin Bread Yogurt &amp; Fruit</p> <p>Chicken Strips Mac n Cheese Green Beans Fruit</p>	<p><b>3</b> Breakfast Taco Moz. Cheese &amp; Fruit</p> <p>Hamburger/Cheese Baked Chips Burger Trimmings Pickle Spears Fruit</p>
<p><b>6</b> Granola Bar, Yogurt Bagel &amp; Fruit</p> <p>Nachos Hamburger Meat Refried Beans Lettuce &amp; Tomato Fruit</p>	<p><b>7</b> Pancakes Sausage &amp; Fruit</p> <p>Hamburger Steak Mashed Potato Broccoli Fruit</p>	<p><b>8</b> Pancakes Sausage &amp; Fruit</p> <p>Country Fried Steak Sandwich Tator Tots Mixed Veggies Fruit</p>	<p><b>9</b> Cereal, Raisin Bread Yogurt &amp; Fruit</p> <p>Stuff Crust Pepperoni Pizza Broccoli Corn Fruit</p>	<p><b>10</b> Breakfast Taco Moz. Cheese &amp; Fruit</p> <p>Hamburger/Cheese Baked Chips Burger Trimmings Pickle Spears Fruit</p>
<p><b>13</b> Granola Bar, Yogurt Bagel &amp; Fruit</p> <p>Turkey &amp; Cheese Sandwich Soup of the Day Carrots &amp; Celery Fruit</p>	<p><b>14</b> Pancakes Sausage &amp; Fruit</p> <p>Lasagna Broccoli Breadstick Fruit</p>	<p><b>15</b> Eggs, Toast &amp; Fruit</p> <p>Corn Dog Pork N Beans Carrots Celery Fruit</p>	<p><b>16</b> Cereal, Raisin Bread Yogurt &amp; Fruit</p> <p>Chicken Strips Mac n Cheese Green Beans Fruit</p>	<p><b>17</b> Breakfast Taco Moz. Cheese &amp; Fruit</p> <p>Hamburger/Cheese Baked Chips Burger Trimmings Pickle Spears Fruit</p>
<p><b>20</b> Granola Bar, Yogurt Bagel &amp; Fruit</p> <p>Nachos Hamburger Meat Refried Beans Lettuce &amp; Tomato Fruit</p>	<p><b>21</b> Pancakes Sausage &amp; Fruit</p> <p>Country Fried Steak w/ Gravy Mashed Potato Green Beans Fruit</p>	<p><b>22</b> Eggs, Toast &amp; Fruit</p> <p>Hot Dog Chili &amp; Cheese Fritos Carrots Celery</p>	<p><b>23</b> Cereal, Raisin Bread Yogurt &amp; Fruit</p> <p>Stuff Crust Pepperoni Pizza Broccoli Corn Fruit</p>	<p><b>24</b> Breakfast Taco Moz. Cheese &amp; Fruit</p> <p>Hamburger/Cheese Baked Chips Burger Trimmings Pickle Spears Fruit</p>
<p><b>27</b> Granola Bar, Yogurt Bagel &amp; Fruit</p> <p>Tacos Spanish Rice Lettuce &amp; Tomato Fruit</p>	<p><b>28</b> Pancakes Sausage &amp; Fruit</p> <p>Spaghetti Green Beans Bread Stick Fruit</p>	<p><b>29</b> Eggs, Toast &amp; Fruit</p> <p>Roasted Chicken White Rice Mixed Vegetables Wheat Roll Fruit</p>	<p><b>EAT SCHOOL MEALS!</b></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?



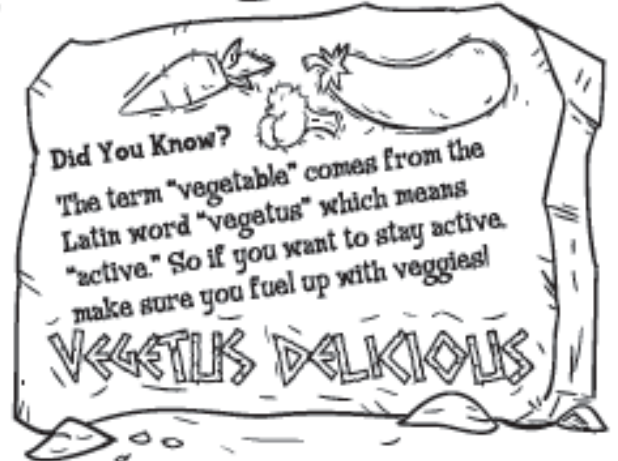
## Veggie Seek and Find

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



(Source: Vegetables, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Kale, Yambean, Health, Care)



## OUR CAFETERIA BRINGS IT!

**Happy  
Valentine's  
Day!**



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

SquareMeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

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