

August



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
8	9	10	11 NEW TEACHER	12 WORK DAY
15 STAFF DEVELOPMENT	16 STAFF DEVELOPMENT	17 STAFF DEVELOPMENT	18 STAFF DEVELOPMENT	19 WORK DAY
22 STEEK FINGERS Mashed Potatoes Peas & Carrots Fresh Fruit Choice Texas Toast Milk Breakfast: Pancakes, Juice, Milk	23 SAUSAGE WRAP Pinto Beans Pickles Pears Milk Breakfast: Omelet, Toast, Juice, Milk	24 RAVIOLI Green Beans Apricots Garlic Bread Milk Breakfast: Biscuit, Gravy, Juice, Milk	25 PIZZA Lettuce & Tomato Salad Seasoned Corn Fresh Fruit Choice Milk Breakfast: Danish Pastry, Juice, Milk	26 CHICKEN PATTY SANDWICH Baby Carrots/Ranch Potato Rounds Burger Salad Peaches Milk Breakfast: Breakfast Pizza, Juice, Milk
29 SPAGHETTI/MEAT Salad/Tomatoes Green Beans Mixed Fruit Garlic Bread Milk Breakfast: Biscuit, Honey, Juice, Milk	30 ROASTED CHICKEN Mashed Potatoes Seasoned Green Peas Apricots Hot Roll Milk Breakfast: Waffles, Juice, Milk	31 CRISPY TACOS Pinto Beans Lettuce & Tomato Orange Half Cornbread Milk Breakfast: Scrambled Eggs, Toast, Juice, Milk		



What does EXERCISE bring me?



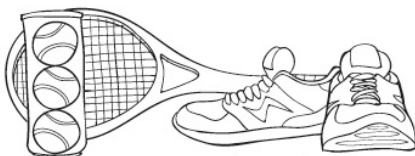
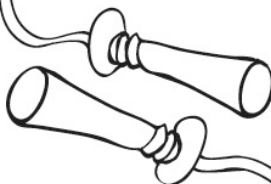
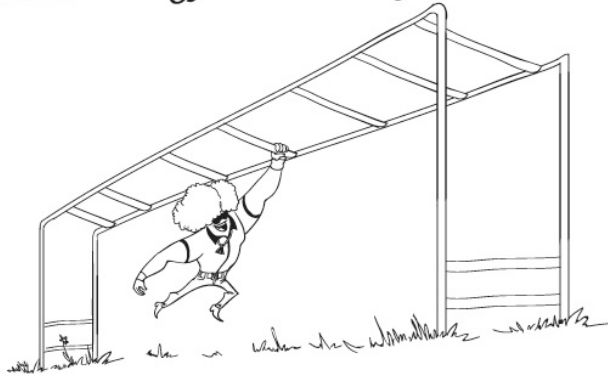
Exercise for the Fun of It!

When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!



Work-Out the Answer

To strengthen stomach muscles, I do lots of ___ups. My arms are getting stronger because I hang on the monkey ___ at school. These shoes are great for ___ on the track. I know it's a game, but swinging the ___ racket is great exercise. I lift ___ at the gym to build strong muscles.



(Answers: sit, bars, running, tennis, weights)

Exercise Your Mind

Do you like helping around the house? An hour of floor mopping can burn 200 calories, an hour of car washing can burn 230 calories and an hour of gardening can burn a whopping 350 calories! Think about it – a plain donut has 185 calories. That means you'd need nearly an hour of floor mopping, 48 minutes of car washing or 32 minutes of gardening to work off just one donut!

OUR CAFETERIA BRINGS IT!

MENUS ARE SUBJECT TO CHANGE.

Alternate Daily Breakfast is Cereal, Toast, Juice, & Milk

Complete only ONE Free & Reduced Application per family. Meals may be prepaid any day from 7:00 am to 8:30 am, but will be accepted at any time. **Students are allowed only TWO CHARGES.**

MEAL PRICES:

BREAKFAST: Full \$1.50 Reduced \$.30
Teacher \$2.00 Guest \$2.00

LUNCH:

ELEMENTARY: Full \$2.00 Reduced \$.40
SECONDARY: Full \$2.50 Reduced \$.40
Teacher \$3.00 Guest \$4.00



Food and Nutrition Division
3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

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) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.