

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>1</b> PIZZA STIXS/SAUCE Corn on Cob Lettuce &amp; Tomato Salad Fruited Gelatin/Topping Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>	<p><b>2</b> CHOPPED BBQ ON A BUN Potato Rounds Pickle Spears Fresh Fruit Choice Milk</p> <p>Breakfast: Rice, Toast, Juice, Milk</p>			
<p><b>5</b></p> <p>HOLIDAY</p>	<p><b>6</b> POPCORN CHICKEN Mashed Potatoes Seasoned Carrots Mixed Fruit Texas Toast Milk</p> <p>Breakfast: Pancake on Stix, Juice, Milk</p>	<p><b>7</b> CHILI CHEESE BAKED POTATO Seasoned Broccoli Tossed Salad/Ranch Fresh Fruit Choice Hot Roll Milk</p> <p>Breakfast: Ham , Egg &amp; Cheese Burrito, Juice, Milk</p>	<p><b>8</b> ENCHILADAS Pinto Beans Lettuce &amp; Tomato Cinnamon Apples Cornbread Milk</p> <p>Breakfast: Oatmeal, Toast, Juice, Milk</p>	<p><b>9</b> HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Blushing Pears Cookie Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>
<p><b>12</b> STEAK FINGERS Mashed Potatoes Peas &amp; Carrots Fresh Fruit Choice Texas Toast Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p><b>13</b> HOAGIE SANDWICH Burger Salad Potato Rounds Diced Peaches Brownie Milk</p> <p>Breakfast: Waffles, Juice, Milk</p>	<p><b>14</b> ROASTED CHICKEN Broccoli, Rice &amp; Cheese Tossed Salad Mixed Fruit Wheat Roll Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>	<p><b>15</b> PIZZA Tossed Salad Mixed Vegetables Fruited Gelatin/Topping Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>	<p><b>16</b> SOFT TACO Refried Beans Lettuce &amp; Tomato Apricots Spanish Rice Milk</p> <p>Breakfast: Biscuit, Honey, Juice, Milk</p>
<p><b>19</b> TOASTED HAM &amp; CHEESE SANDWICH Veggie Dippers Orange Halves Pickle Spears Baked Chips Chocolate Chip Cookie Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice,</p>	<p><b>20</b> CHICKEN NUGGETS Mashed Potatoes Seasoned Carrots Strawberries &amp; Bananas Wheat Roll Milk</p> <p>Breakfast: Oatmeal Breakfast Bar, Juice, Milk</p>	<p><b>21</b> CRISPY TACOS Lettuce &amp; Tomato Pinto Beans Spanish Rice Gelatin/Topping Milk</p> <p>Breakfast: Pancakes, Juice, Milk</p>	<p><b>22</b> MEATY MACARONI Seasoned Corn Tossed Salad Cornbread Cherry Freeze Bar Milk</p> <p>Breakfast: Scrambled Eggs, Tortilla, Juice, Milk</p>	<p><b>23</b> CHICKEN PATTY SANDWICH Potato Rounds Burger Salad Apricots Milk</p> <p>Breakfast: Toaster Pastry, Juice, Milk</p>
<p><b>26</b> FISH STRIPS Green Beans Corn on Cob Rosy Applesauce Wheat Roll Milk</p> <p>Breakfast: Oatmeal, Toast, Juice, Milk</p>	<p><b>27</b> PIZZA Tossed Salad Mixed Vegetables Fruited Gelatin Milk</p> <p>Breakfast: French Toast, Juice, Milk</p>	<p><b>28</b> HOAGIE SANDWICH Burger Salad Multi Grain Chips Orange Halves Frozen Yogurt Bar Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p><b>29</b> POPCORN CHICKEN Mashed Potatoes Seasoned Carrots Blushing Pears Texas Toast Milk</p> <p>Breakfast: Pancake on Stix, Juice, Milk</p>	<p><b>30</b> HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Peaches Chocolate Chip Cookie Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>



# What does MyPyramid bring me?

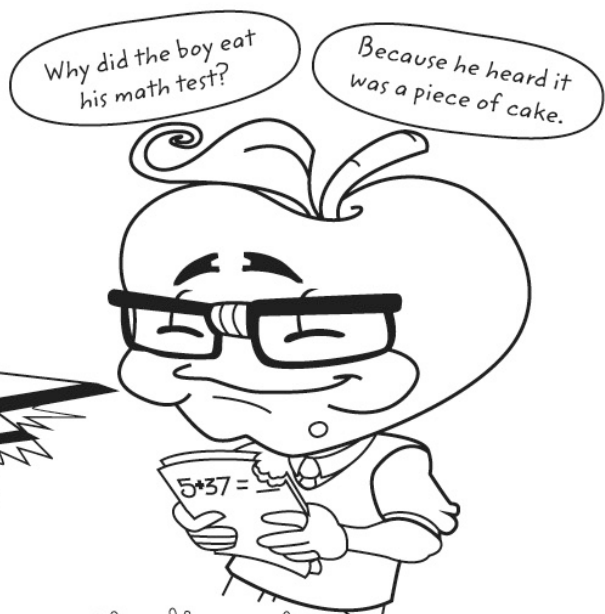


## MyPyramid: The Right Shape to Stay in Shape

Everybody needs MyPyramid. It's a food program designed just for you. MyPyramid considers your age, your height, your weight and how much physical activity you get each day to build the perfect nutrition plan for you. The



plan includes all the basics – grains, fruits, vegetables, dairy and meats/beans – in just the right portions to control your weight, build your muscles and focus your mind. You don't have to be a pharaoh to have a pyramid – just ask your dad or your mummy! You can design your very own nutrition pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).



### Let's Give Portions a Hand

Want to learn a trick that makes eating the right-sized portion easy? Make a fist. The portion of fruits or vegetables that shows up on your plate should be about the same size as your fist. It's a "handy" way to stay healthy!

### MyPyramid Puzzler

Use the clues to rearrange the mixed-up letters in the names of these food groups.

**Inargs:** Cereals, bread and rice are just a few of the tasty options in this group.

**Utfirs:** Apples are red and hang from a tree – this group is loaded with Vitamin C!

**Gevetbelas:** A group that turns your body into a lean, green, healthy machine.

**Riady:** It's got milk and cheese and is sure to please.

**Atems and Anebs:** The group where beef and turkey meet something that starts with green, black and navy.



(Answers: Grains, Fruits, Vegetables, Dairy, Meats and Beans)

## 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](http://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.

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