

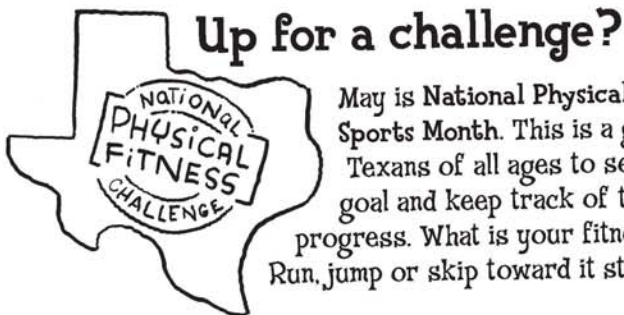
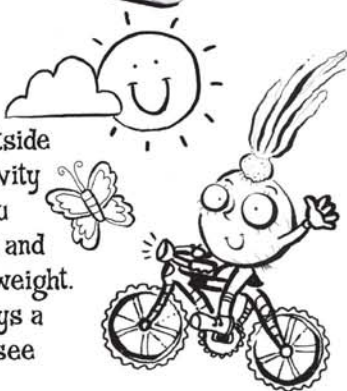
<p>4 BBQ RIB SANDWICH Vegetarian Beans Potato Salad Fresh Fruit Milk</p> <p>Breakfast: Cinnamon Raisin Biscuit, Juice, Milk</p>	<p>5 CHICKEN FAJITAS Refried Beans Lettuce & Tomatoes Spanish Rice Ice Cream Cup Milk</p> <p>Breakfast: French Toast, Juice, Milk</p>	<p>6 MEATLOAF Green Beans Carrots Pears Honey Wheat Roll Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>7 PIZZA Corn on Cob Tossed Salad/Dressing Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p>1 HAMBURGER Potato Rounds Burger Salad Peach Cup Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>
<p>11 POPCORN CHICKEN Mashed Potatoes Green Peas Applesauce Honey Wheat Roll Milk</p> <p>Breakfast: Waffles, Juice, Milk</p>	<p>12 CORN DOG Veggie Stixs/Ranch Baked Beans Peaches Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>	<p>13 CRISPY TACOS Pinto Beans Lettuce & Tomatoes Cornbread Gelatin/Topping Milk</p> <p>Breakfast: Apple Toaster Pastry, Juice, Milk</p>	<p>14 BEEF RAVIOLI Corn Tossed Salad/Dressing Garlic Bread Milk</p> <p>Breakfast: Biscuit, Jelly, Juice, Milk</p>	<p>8 WESTERN BURGER Potato Rounds Pickle Spears Fruit Milk</p> <p>Breakfast: Biscuit, Gravy, Juice, Milk</p>
<p>18 STEAK FINGERS Mashed Potatoes Carrots Texas Toast Milk</p> <p>Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p>19 BURRITO Refried Beans Lettuce & Tomato Fruit Freeze Bar Milk</p> <p>Breakfast: Breakfast Pizza, Juice, Milk</p>	<p>20 PIZZA STIXS Corn on Cob Tossed Salad/Dressing Fresh Fruit Choice Milk</p> <p>Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>21 HAMBURGER Oven Fries Burger Salad Peaches Cookie Milk</p> <p>Breakfast: French Toast, Juice, Milk</p>	<p>22 HOT DOG Baked Chips Pickle Spears Fruit Milk</p> <p>Breakfast: Pancake on a Stix, Juice, Milk</p>
<p>25</p> <p>HOLIDAY</p>	<p>26 PIZZA Green Beans Corn Milk</p> <p>Breakfast: Omelet, Toast, Juice, Milk</p>	<p>27 HAMBURGER Baked Chips Pickles Fruit Milk</p> <p>Breakfast: Cinnamon Toast, Juice, Milk</p>	<p>28 HAM & CHEESE SANDWICH Baked Chips Pickle Spears Fruit Cookie Milk</p> <p>Breakfast: French Toast, Juice, Milk</p>	<p>29</p> <p>WORK DAY</p>



POWER UP!
WITH SCHOOL BREAKFAST
WWW.SCHOOLBREAKFAST.ORG

Springtime is here!

Springtime is here! Time to get outside and exercise. Regular physical activity makes your heart happy, keeps you flexible, strengthens your muscles and helps you maintain a healthy body weight. Exercise 30 minutes a day, five days a week – at school or at home – and see how good you feel!



Up for a challenge?

May is National Physical Fitness and Sports Month. This is a great time for Texans of all ages to set a fitness goal and keep track of their progress. What is your fitness goal? Run, jump or skip toward it starting today!

May is also Family Wellness Month. To improve the health of your family, do fun things together. Here are some ideas:



- * Use MyPyramid to plan meals and snacks the whole family will love.
- * Let each family member choose a physical activity for everyone to enjoy.
- * Record each family member's fitness goals in a notebook where everyone can track their progress.
- * Can you think of other ways to get your family on the fast track to wellness?

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.
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Crunch & Munch comics by Missi Jay.

Hey, Munch. What's green and sings?

I have no idea.

Elvis Parsley!

THANK YOU VERY MUCH!



Ha! Did you know that parsley is the world's most popular herb?

I did not know that.

It is! And did you know it contains three times as much vitamin C as oranges and twice as much iron as spinach?

No. But I do know another joke. What kind of nuts always seem to have a cold?

I don't know.

Cashews!

