

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

		1 Bagel & Cream Cheese Cereal Choice of juice Choice of milk	2 Breakfast Bar Cereal Choice of juice Choice of milk	3 Donuts Cereal Choice of juice Choice of milk
6 Peanut Butter & Jelly Cereal Choice of juice Choice of milk	7 Muffin Cereal Choice of juice Choice of milk	8 Bagel & Cream Cheese Cereal Choice of juice Choice of milk	9 Breakfast Bar Cereal Choice of juice Choice of milk	10 Donuts Cereal Choice of juice Choice of milk
13 Peanut Butter & Jelly Cereal Choice of juice Choice of milk	14 Muffin Cereal Choice of juice Choice of milk	15 Bagel & Cream Cheese Cereal Choice of juice Choice of milk	16 Breakfast Bar Cereal Choice of juice Choice of milk	17 Donuts Cereal Choice of juice Choice of milk
20 Peanut Butter & Jelly Cereal Choice of juice Choice of milk	21 Muffin Cereal Choice of juice Choice of milk	22 Bagel & Cream Cheese Cereal Choice of juice Choice of milk	23 Breakfast Bar Cereal Choice of juice Choice of milk	24 Donuts Cereal Choice of juice Choice of milk
27 Peanut Butter & Jelly Cereal Choice of juice Choice of milk	28 Muffin Cereal Choice of juice Choice of milk	29 Bagel & Cream Cheese Cereal Choice of juice Choice of milk	<p>EAT SCHOOL MEALS!</p>	

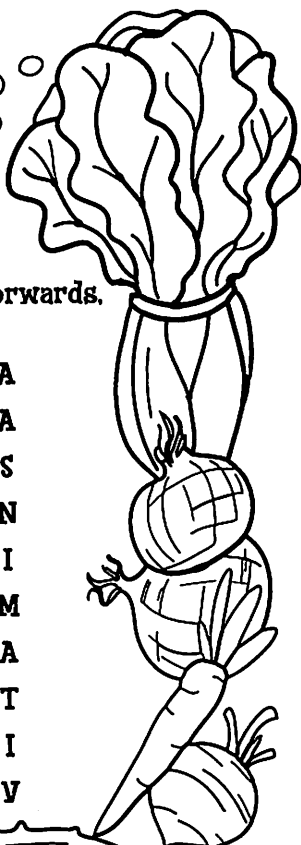
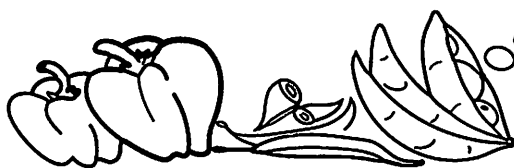


What does **CAULIFLOWER** bring me?



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?



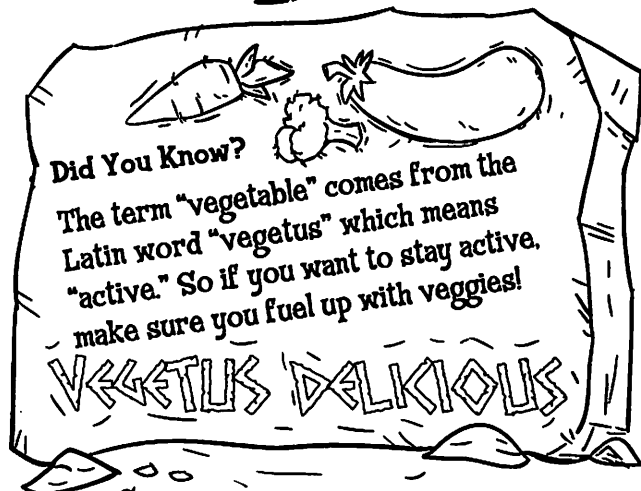
Veggie Seek and Find

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



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Kala, Vitamins, Health, Corn)



OUR CAFETERIA BRINGS IT!



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

www.squaremeals.org

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**HAVE FUN
COLOR ME!**

		1 Nacho Mexi-cali Corn Pineapple Sliced Choice of Milk	2 Cheese Pizza Mixed Salad Fresh Fruit Cookies Choice of Milk	3 Hot Dogs Green Beans Fresh Fruit Cookies Choice of Milk
6 Sloppy Joe Baked Beans Slice Pears Animal Crackers Choice of Milk	7 Fish Nuggets Carrots Rolls Fresh Fruit Choice of Milk	8 Bean & Cheese Burritos Mix Vegetable Pineapple Chunks Choice of Milk	9 Cheese Pizza Mixed Salad Fresh Fruit Cookies Choice of Milk	10 Hot Dogs Green Beans Fresh Fruit Cookies Choice of Milk
13 Chicken nuggets Peas and Carrots Rolls Sliced Peaches Choice of Milk	14 Ground Beef And Macaroni Mixed Veggies Fresh Fruit Choice of milk	15 Nacho Mexicali Corn Pineapple Sliced Choice of Milk	16 Cheese Pizza Mixed Salad Fresh Fruit Cookies Choice of Milk	17 Hot Dogs Green Beans Fresh Fruit Cookies Choice of Milk
20 Sloppy Joe Baked Beans Slice Pears Animal Crackers Choice of Milk	21 Fish Nuggets Carrots Rolls Fresh Fruit Choice of Milk	22 Bean & Cheese Burritos Mix Vegetable Pineapple Chunks Choice of Milk	23 Cheese Pizza Mixed Salad Fresh Fruit Cookies Choice of Milk	24 Hot Dogs Green Beans Fresh Fruit Cookies Choice of Milk
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Color Your Meals Healthy!

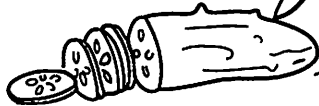
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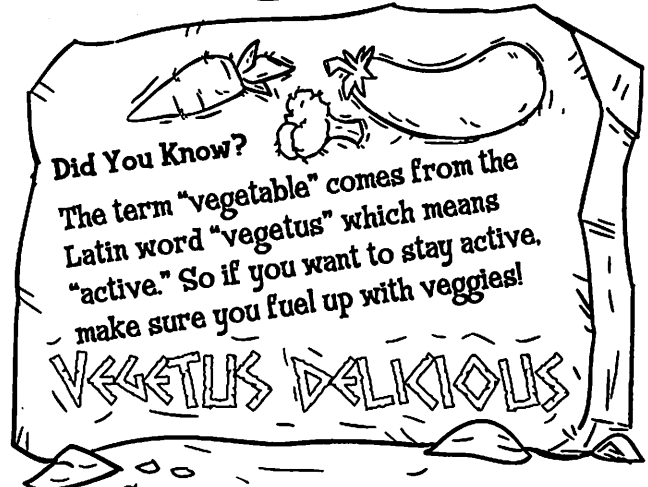
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 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Kale, Vitamins, Health, Corn)



OUR CAFETERIA BRINGS IT!



Food and Nutrition
 3 E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD STAPLES

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