

August



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
<p>22 BISCUIT, SAUSAGE, TOAST, CEREAL, JUICE, MILK</p> <p>CHICKEN NUGGETS SALISBURY STEAK MASH POTATOES, CAL. VEGGIES, APPLESAUCE WHEAT ROLL, MILK</p>	<p>23 FRENCH TOAST STICKS, CEREAL, TOAST, JUICE, MILK</p> <p>BEEF TACOS/CORNDOG LETTUCE & TOMATO OR PICKLES, PINTO BEANS, PINEAPPLE TIDBITS, CORNBREAD, COOKIE, MILK</p>	<p>24 GRILL CHEESE SANDWICH, CEREAL, TOAST, JUICE, MILK</p> <p>BBQ RIB PATTY ON BUN CHICKEN PATTY ON BUN BAKE BEANS, CARROT STICKS, SALAD BAR OR PICKLES, GRAPES, MILK</p>	<p>25 BAGEL OR MUFFIN YOGURT, TOAST, CEREAL JUICE, MILK</p> <p>BEEF LASAGNA ASSORTED PIZZA IRON MAN SALAD, CORN, FRUIT CUP, BREADSTICK, MILK</p>	<p>26 SCRAMBLE EGGS ASSORTED TOAST, CEREAL JUICE, MILK</p> <p>CHEESEBURGER SLOPPY JOE /ON BUN BURGER SALAD, OR PICKLES, FRENCH FRIES, ORANGE WEDGES, MILK</p>
<p>29 BREAKFAST PIZZA TOAST, CEREAL, JUICE, MILK</p> <p>HOTDOG W/OUT CHILI MEXICAN BURRITO CORN, TOSS SALAD, OR PICKLES, DICE PEACHES MILK</p>	<p>30 CINNAMON ROLL OATMEAL, TOAST, CEREAL, JUICE, MILK</p> <p>STEAK FINGERS CHICKEN SPAGHETTI BROCCOLI, CANDIED CARROTS, RICE, BANANA, ROLL, MILK</p>	<p>31 PANCAKES, TOAST, CEREAL, JUICE, MILK</p> <p>HAM & CHEESE BAR-BE-CUE BEEF BAKED POTATO, GREEN BEANS, BLUSHING PEARS TEXAS TOAST, MILK</p>		



What does **EXERCISE** bring me?



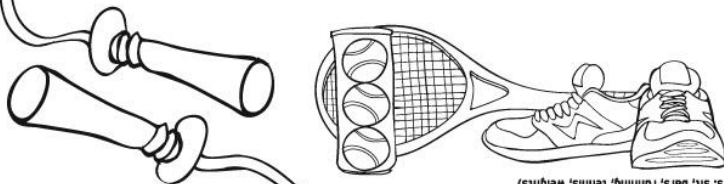
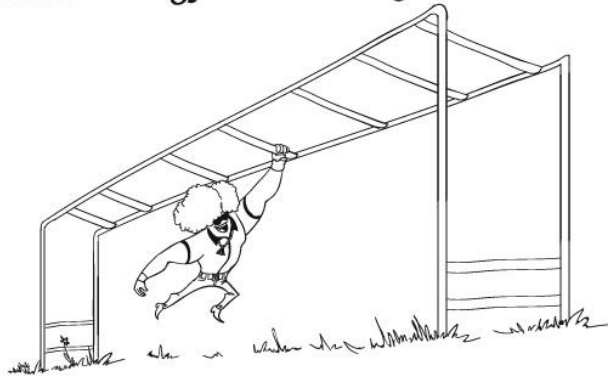
Exercise for the Fun of It!

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!

Welcome back Bulldogs!



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.

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