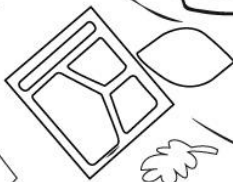


# September

HAVE FUN COLOR ME!

EAT SCHOOL MEALS!



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>5</b></p> <p>HOLIDAY</p>	<p><b>6</b> FRENCH TOAST STICK CEREAL, TOAST, JUICE, MILK</p> <p><b>BEEF RAVIOLI</b> <b>PEP./CHEESE PIZZA</b> CORN, TOSS SALAD, DICED APRICOTS, BREADSTICK, MILK</p>	<p><b>7</b> GRILL CHEESE SAND. CEREAL, TOAST, JUICE MILK</p> <p><b>CHICKEN TENDERS</b> <b>SALISBURY STEAK</b> MASHED POTATOES, PEAS &amp; CARROTS, BANANA, ROLL, MILK</p>	<p><b>1</b> MINI STEAK BURGER W/BUN, TOAST, CEREAL, JUICE, MILK</p> <p><b>TURKEY OR HAM SAND.</b> BURGER SALAD OR PICKLES, CARROT STICKS W/ DRESSING, CHIPS, APPLE, COOKIE, MILK</p>	<p><b>2</b> BREAKFAST OR TAC- GO WRAP, TOAST, CEREAL JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>BBQ RIB PATTY</b> TATOR TOTS, BURGER SALAD, OR PICKLES, JUICE BAR, MILK</p>
<p><b>12</b> BREAKFAST PIZZA TOAST, CEREAL, JUICE, MILK</p> <p><b>BEEF SPAGHETTI</b> <b>GRILL CHICKEN BURGER</b> CAL. VEGGIES, BURGER SALAD OR PICKLES, MANDARIN ORANGE, BREADSTICK, MILK</p>	<p><b>13</b> CINNAMON ROLL OATMEAL, TOAST, CEREAL, JUICE, MILK</p> <p><b>CORNDOG</b> <b>ASSORTED PIZZA</b> WHOLE KERNEL CORN. TOSS SALAD, PINEAPPLE TIDBITS, MILK</p>	<p><b>14</b> PANCAKES, TOAST, CEREAL, JUICE, MILK</p> <p><b>BEEF STRIPW/ TERIYAKI</b> <b>SWEET &amp; SOUR CHICKEN</b> RICE, GREEN BEANS, LETTUCE &amp; TOMATOES, FRUIT CUP, TOAST, MILK</p>	<p><b>8</b> BAGEL OR MUFFIN YOGURT, TOAST, CEREAL, JUICE, MILK</p> <p><b>CORNDOG</b> <b>BEEF NACHOS</b> CHARRA BEANS, DICED LETTUCE &amp; TOMATOES, MIX FRUIT, CORNBREAD, MILK</p>	<p><b>9</b> EGGSTRAVAGANZA TOAST, CEREAL, JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>BBQ BEEF ON/BUN</b> SALAD BAR, OR PICKLES, FRENCH FRIES, ORANGE WEDGES, MILK</p>
<p><b>19</b> BISCUIT, SAUSAGE TOAST, CEREAL, JUICE MILK</p> <p><b>CHICKEN NUGGETS.</b> <b>BRD. BEEF PATTY</b> MASH POTATOES, GREEN BEANS, APPLESAUCE, ROLL, MILK</p>	<p><b>20</b> FRENCH TOAST STICKS, CEREAL, TOAST, JUICE, MILK</p> <p><b>BEEF TACOS/CORNDOG</b> LETTUCE &amp; TOMATOES OR PICKLES, PINTO BEANS, PINEAPPLE TIDBITS, COOKIE, MILK</p>	<p><b>21</b> GRILL CHEESE SAND. CEREAL, TOAST, JUICE, MILK</p> <p><b>BBQ RIB PATTY ON BUN</b> <b>CHICKEN PATTY ON BUN</b> BAKE BEANS, CORN ON COB, SALAD BAR OR PICKLES, APPLE, MILK</p>	<p><b>15</b> MORNING ROLL CEREAL, TOAST JUICE, MILK</p> <p><b>HOTDOG</b> <b>CRISPITOS</b> PINTO BEANS, LETTUCE &amp; TOMATO, OR PICKLES HOT CINNAMON APPLES MILK</p>	<p><b>16</b> BREAKFAST OR TAC- GO WRAP, TOAST, CEREAL JUICE, MILK</p> <p><b>CHEESEBURGER</b> <b>HAM &amp; CHEESE SUB</b> TATER TOTS, PICKLES OR SALAD BAR, JUICE BAR MILK</p>
<p><b>26</b> BREAKFAST PIZZA, TOAST, CEREAL, JUICE, MILK</p> <p><b>CHICKEN FAJITA</b> <b>MEXICAN BURRITO</b> CORN, DICED LETTUCE &amp; TOMATOES, SPANISH RICE, PEACHES, MILK</p>	<p><b>27</b> CINNAMON ROLL, OATMEAL, TOAST, CEREAL, JUICE, MILK</p> <p><b>CORNDOG</b> <b>ASSORTED PIZZA</b> PINTO BEANS, TOSS SALAD, HOT CINNAMON APPLES, MILK</p>	<p><b>28</b> PANCAKES, TOAST, CEREAL, JUICE, MILK</p> <p><b>HAM &amp; CHEESE</b> <b>BAR-BE-CUE BEEF</b> BAKED POTATO, GREEN BEANS, BLUSHING PEARS TEXAS TOAST, MILK</p>	<p><b>22</b> BAGEL, OR MUFFIN, CEREAL, TOAST, JUICE, MILK</p> <p><b>BEEF A RONI</b> <b>ASSORTED PIZZA</b> TOSS SALAD, CALIFORNIA VEGGIES, FRUIT GELATIN BREADSTICK, MILK</p>	<p><b>23</b> EGGSTRAVAGANZA TOAST, CEREAL, JUICE, MILK</p> <p><b>CHEESEBURGER/HOT DOG</b> BURGER BAR OR PICKLES TATER TOTS, SHERBET FRUIT CUP, MILK</p>
<p><b>29</b> MORNING ROLL, CEREAL, JUICE, MILK</p> <p><b>STEAK FINGERS</b> <b>CHICKEN SPAGHETTI</b> BROCCOLI, CANDIED CARROTS, FRUIT CUP, BREADSTICK, MILK</p>	<p><b>30</b> EGGSTRAVAGANZA ASSORTED TOAST, JUICE MILK</p> <p><b>FISH/W BREAD</b> <b>CHEESEBURGER</b> BURGER SALAD OR PICKLES, FRENCH FRIES STRAWBERRIES, 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!

HAPPY LABOR DAY!



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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