

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!
COLOR ME!**

| | | | | |
|--|---|---|---|--|
| | | 1 Pancakes Turkey Sausage OJ Milk | 2 Papas con Chorizo Burrito Fruit Milk | 3 Cold Cereal Whole Wheat Toast Fruit Milk |
| 6 Cold Cereal Toast Fruit Milk | 7 Arroz con Leche Whole Wheat Toast Fruit Milk | 8 French Toast Turkey Sausage OJ Milk | 9 Bean & Cheese Burrito Fruit Milk | 10 Scrambled Eggs Hash Browns Toast OJ Milk |
| 13 Cold Cereal Coffee cake Fruit Milk | 14 Scrambled Eggs Hash Browns Toast OJ Milk | 15 Pancakes Turkey Sausage OJ Milk | 16 Homemade Biscuits Turkey sausage Fruit Milk | 17 Molletes Fruit Milk |
| 20 No School | 21 Cold Cereal Toast Fruit Milk | 22 French Toast Sausage OJ Milk | 23 Egg & Chorizo Burrito Fruit Milk | 24 Breakfast Sandwich Fruit Milk |
| 27 Oatmeal Banana Bread Fruit Juice Milk | 28 Scrambled Eggs Ranch Potatoes Toast Milk | 29 French Toast Bacon OJ 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?



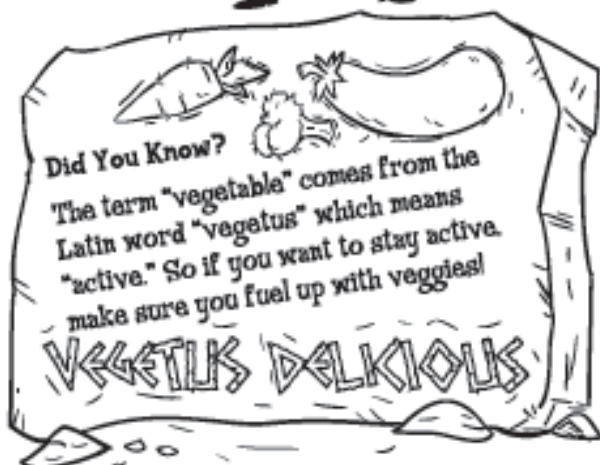
Veggie Seek and Find

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



(Name: _____) (Answer: Vegetable, Broccoli, Kernel, Spinach, Tomato, Lettuce, Peas, Yambean, Health, Green)



OUR CAFETERIA BRINGS IT!



Food and Nutrition
 PART OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 OUR PARTNER FOR STAPLES

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