

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN
COLOR ME!**

		1 Baked Chicken Mashed Potatoes Warm Veggies Milk	2 Cheeseburger Lettuce & Tomato Tater Tots Fruit & Milk	3 Macaroni & Cheese Steamed Veggies Fruit Milk
6 Beef & Broccoli Fried Rice Fruit Milk	7 Chicken Soup Mexican Rice Warm Tortillas Fruit	8 Baked Fish Corn Mashed Potatoes Milk	9 Spaghetti and Meatballs Green Salad Fresh Bread Milk	10 Chicken Nuggets Broccoli & Cheese Fruit Milk
13 Sweet & Sour Chicken Cilantro Rice Fruit Milk	14 Beef Nachos Calabazas & Corn Fruit Milk	15 Chicken Alfredo Veggies Fruit Milk	16 Turkey Pepperoni Pizza Green Salad Milk	17 Beef Fajitas Spanish Rice Fruit Milk
20 NO SCHOOL	21 Chicken Stir Fry w/ Noodle Fruit Milk	22 Bean & Cheese Tapatillas Sopa Fruit Milk	23 Lasagna Garlic Bread Green salad Milk	24 Macaroni & Cheese Veggies Fruit Milk
27 Beef Stir Fry Fried Rice Fruit Milk	28 Flautas Lettuce and Tomato Sopa Milk	29 Brisket Potato Salad Tostadas Fruit 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?



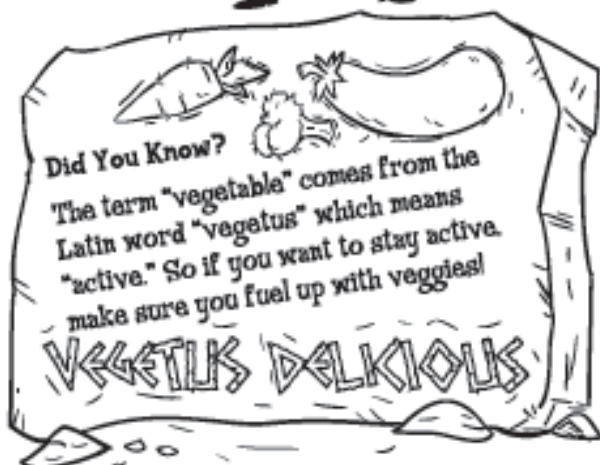
Veggie Seek and Find

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 Y



(Name: _____) (Answer: Vegetable, Broccoli, Carrot, Eggplant, 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 YOUR STAPLES

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

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