



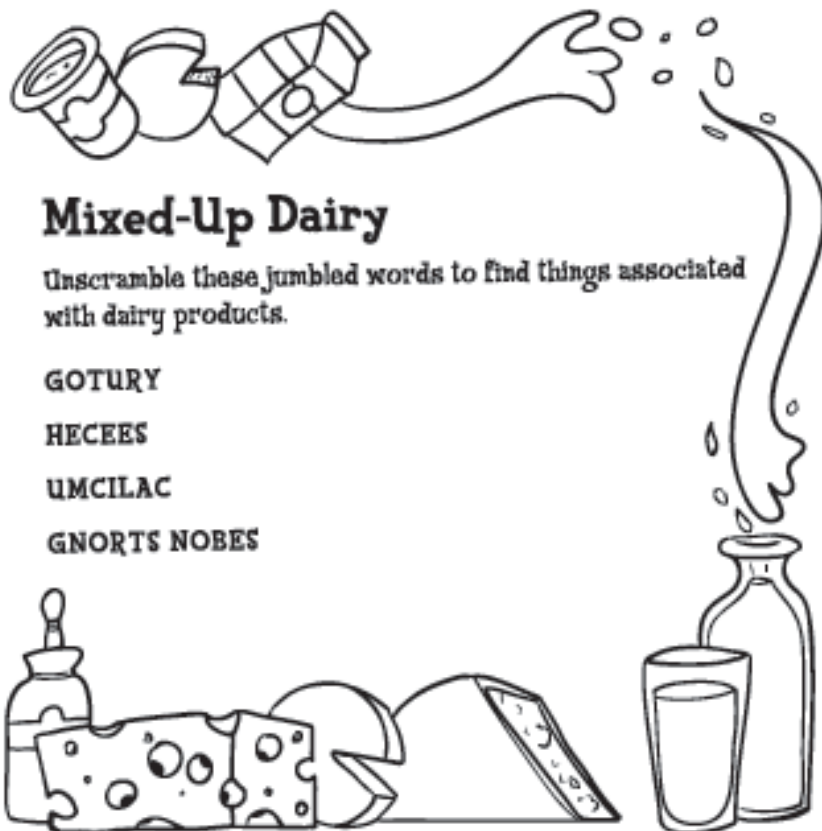
<p><b>2</b> d No School</p>	<p><b>3</b> No School</p>	<p><b>4</b> No School</p>	<p><b>5</b> Cold Cereal Whole Wheat Toast Fruit Milk</p>	<p><b>6</b> Scrambled Egg Ham Slice WW Toast Milk</p>
<p><b>9</b> Cold Cereal Banana &amp; Nut Bread Fruit Milk</p>	<p><b>10</b> Breakfast Sandwich on English Muffin Fruit Milk</p>	<p><b>11</b> French toast Turkey Sausage Fresh Fruit Milk</p>	<p><b>12</b> Bean &amp; Cheese Burrito on a Whole wheat Tortilla Fruit &amp; Milk</p>	<p><b>13</b> Scrambled Eggs Toast Fruit Milk</p>
<p><b>16</b> No School</p>	<p><b>17</b> Oatmeal Whole Wheat Toast Fruit Milk</p>	<p><b>18</b> Whole Wheat Pancakes Turkey Sausage Fruit Juice Milk</p>	<p><b>19</b> Papas con Chorizo Warm Tortillas Fruit Juice Milk</p>	<p><b>20</b> Scrambled Egg Toast Fruit Milk</p>
<p><b>23</b> Cold Cereal Muffins Fruit Milk</p>	<p><b>24</b> Scrambled Eggs Whole Wheat Toast Fruit Milk</p>	<p><b>25</b> French Toast Turkey Sausage Fruit Juice Milk</p>	<p><b>26</b> Molletes Fruit Milk</p>	<p><b>27</b> Arroz con Leche Toast Fruit Milk</p>
<p><b>30</b> Oatmeal Coffee Cake Fruit Milk</p>	<p><b>31</b> Homemade Biscuits Turkey sausage Fruit Milk</p>			



What does **CALCIUM** bring me?

## Maybe They Should Call it COW-cium!

Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is **LOADED** with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily calcium needs. And, did you know that dark leafy greens like spinach, broccoli and kale also contribute to the calcium you need daily? A lot to smile about!



## Mixed-Up Dairy

Unscramble these jumbled words to find things associated with dairy products.

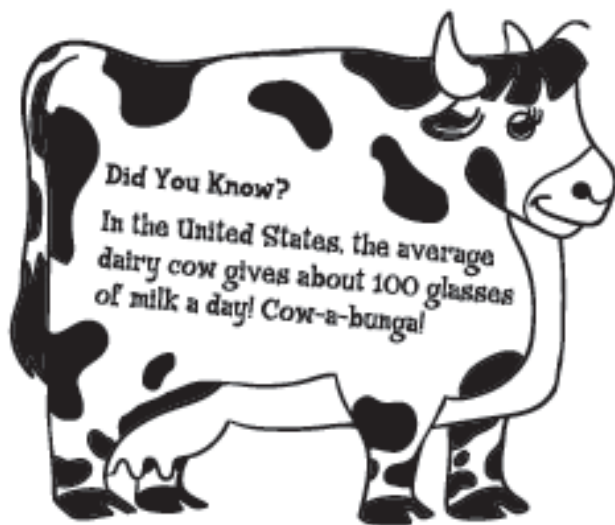
GOTURY

HECEES

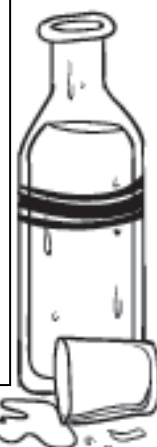
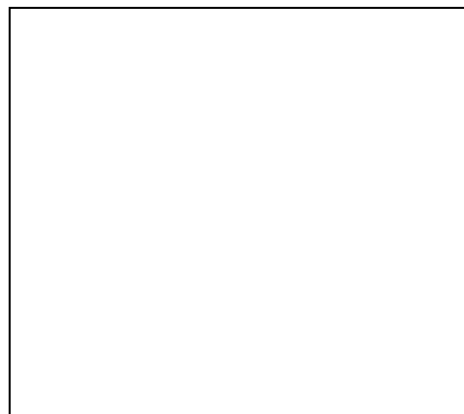
UMCILAC

GNORTS NOBES

(Answer: Yogurt, Cheese, Cakes, Strong Bones)



## OUR CAFETERIA BRINGS IT!



Food and Nutrition

80% OF HEALTHY LIVES  
Education, Exercise and Eating Right  
TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER TODD 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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