



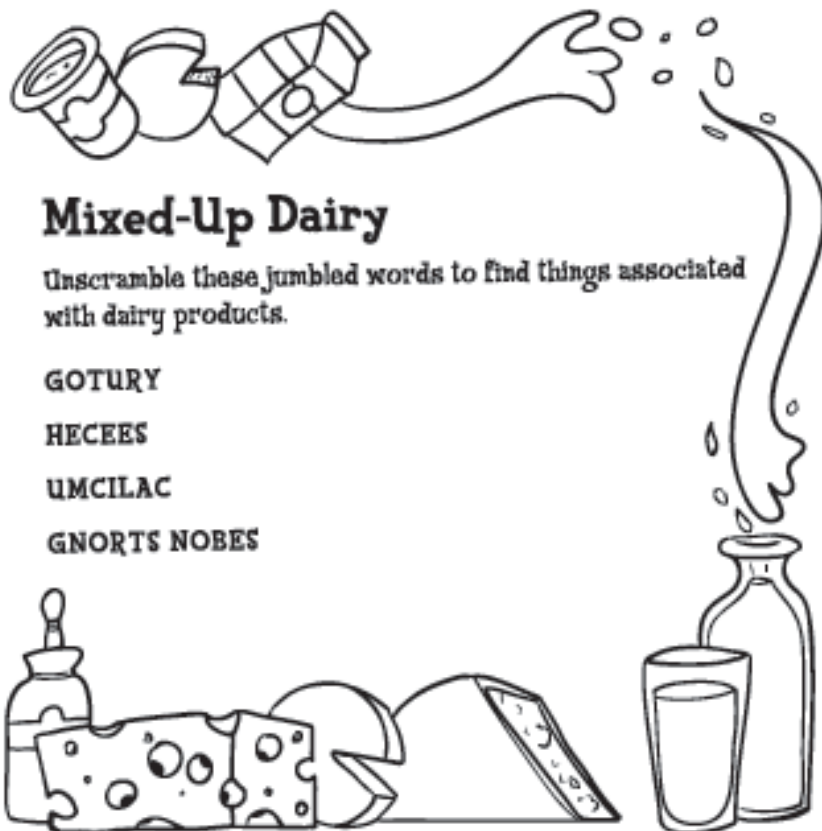
<p>2 d No School</p>	<p>3 No School</p>	<p>4 No School</p>	<p>5 Baked BBQ Chicken Corn on the Cob Cornbread Seasonal Fruit</p>	<p>6 Pasta w/ Meat Sauce Salad w/ Dressing Milk</p>
<p>9 Chicken & Vegetable Stir Fry Steamed Rice Fruit</p>	<p>10 Beef & Potato Tacos Lettuce & Tomato, Shredded Cheese, Spanish Rice</p>	<p>11 Beef Stew w/ Winter Vegetables Tortillas & Milk</p>	<p>12 Pepperoni Pizza Green Salad w/ Dressing Fruit Milk</p>	<p>13 Mac & Cheese Steamed Veggies Focaccia Bread Fruit Milk</p>
<p>16 No School</p>	<p>17 Chicken Nuggets Tater Tots Fruit Milk</p>	<p>18 Beef Nachos w/ Lettuce & Tomato Fruit Milk</p>	<p>19 Spaghetti & Meatballs w/ Tossed Salad & Dressing Fruit Milk</p>	<p>20 Caldo de Pollo Spanish Rice Warm Tortillas Milk</p>
<p>23 Beef Stir Fry w/ Fried Rice Fruit Milk</p>	<p>24 Charro Beans , Sopa Calabazas and Corn Milk</p>	<p>25 Baked Fish Mash Potatoes Herbed Rolls Fruit Milk</p>	<p>26 Lasagna Green salad Focaccia Milk</p>	<p>27 Hot Dogs Tater Tots Fruit Salad Milk</p>
<p>30 Chicken Stir Fry w/ Veggies Steamed Rice Milk</p>	<p>31 Flautas Sopa Lettuce & Tomato 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.

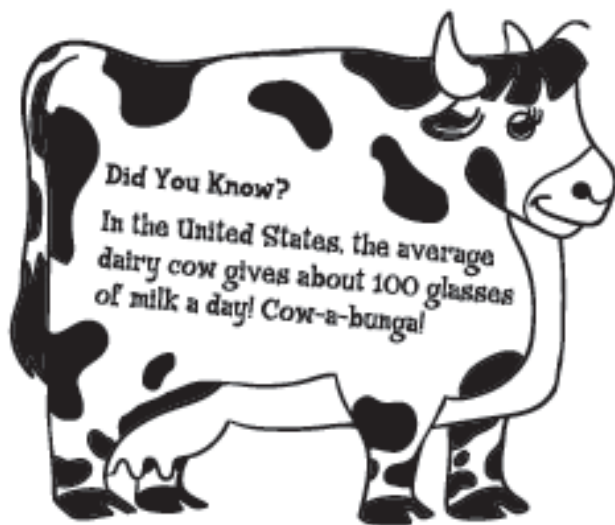
GOTURY

HECEES

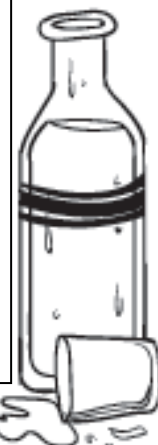
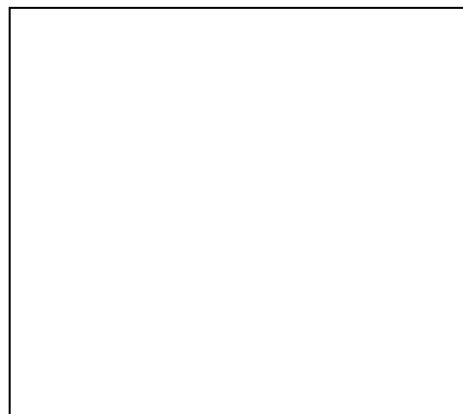
UMCILAC

GNORTS NOBES

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



OUR CAFETERIA BRINGS IT!



Food and Nutrition

100% OF HEALTHY LIVES
Education, Exercise and Eating Right
TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER TODD STAPLES

Square Meals 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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