

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!  
COLOR ME!**

		<p><b>1</b> MILK, JUICE, BREAKFAST PIZZA</p> <p>TACO, SHELLS, CHEESE, BEANS, LETTUCE, TOMATO, FRUIT</p>	<p><b>2</b> MILK, JUICE, DOUGHNUTS</p> <p>CORN DOG OR HAMBURGER, GREEN BEANS, CARROTS, FRUIT</p>	<p><b>3</b> MILK, JUICE, BREAKFAST TACO</p> <p>PIZZA, CORN, CARROTS, FRUIT</p>
<p><b>6</b> MILK, JUICE, TOAST &amp; CEREAL</p> <p>OVEN ROASTED CHICKEN, POTATOES, SPINACH, FRUIT</p>	<p><b>7</b> MILK, JUICE, WAFFLES &amp; EGGS</p> <p>SPAHETTI, MEAT SAUCE, GREEN BEANS, CARROTS, FRUIT</p>	<p><b>8</b> MILK, JUICE, BREAKFAST BAR, FRENCH TOAST</p> <p>BEEF &amp; CHEESE NACHOS, REFRIED BEANS, SALAD, FRUIT</p>	<p><b>9</b> MILK, JUICE, BISCUITS &amp; SAUSAGE</p> <p>CHICKEN BURGER, FRIES, LETTUCE, TOMATO, PICKLE, FRUIT</p>	<p><b>10</b> MILK, JUICE, PEANUT BUTTER &amp; JELLY SANDWICH</p> <p>CHILI BURGER WITH CHEESE, RANCH BEANS, CHIPS, FRUIT</p>
<p><b>13</b> MILK, JUICE, PANCAKES</p> <p>CHICKEN STRIPS, SWEET RICE, PEAS, FRUIT</p>	<p><b>14</b> MILK, JUICE, FRENCH TOAST</p> <p>MR. RIBB ON A BUN, MAC/CHEESE, BEANS, CAKE</p>	<p><b>15</b> MILK, JUICE, BREAKFAST BURRITO</p> <p>HAM &amp; CHEESE POCKET, GREEN BEANS, CARROTS, FRUIT</p>	<p><b>16</b> MILK, JUICE, BLUBERRY PANCAKE WRAP</p> <p>HAMBURGER, FRICE, LETTUCE, TOMATO, PICKLE, JELLO</p>	<p><b>17</b> MILK, JUICE, TOAST &amp; SAUSAGE</p> <p>PIZZA, CORN, SALAD WITH RANCH, FRUIT</p>
<p><b>20</b></p> <p>HOLIDAY</p>	<p><b>21</b> MILK, JUICE, BREAKFAST PIZZA</p> <p>CHICKEN NUGGETS, POTATOES, BROCCOLI/CHEESE, FRUIT</p>	<p><b>22</b> MILK, JUICE, BISCUIT &amp; SAUSAGE</p> <p>BBQ ON A BUN, MAC/CHEESE, PEAS, FRUIT</p>	<p><b>23</b> MILK, JUICE, PIGS IN A BLANKET</p> <p>BURRITO, BEANS, SPANISH RICE, PUDDING</p>	<p><b>24</b> MILK, JUICE, FRUIT MUFFIN</p> <p>HAMBURGER HELPER, CORN, GREEN BEANS, FRUIT</p>
<p><b>27</b> MILK, JUICE, CEREAL</p> <p>CHICKEN FRIED STEAK WITH GRAVY, MASED POTATOES, PEAS, FRUIT</p>	<p><b>28</b> MILK, JUICE, TOAST &amp; BREAKFAST BAR</p> <p>HAM &amp; CHEESE SANDWICH/SOUP, CHIPS, FRUIT</p>	<p><b>29</b> MILK, JUICE, SAUSAGE &amp; BISCUITS</p> <p>ENCHILADA CASSROLE, SPANISH RICE, REFRIED BEANS, FRUIT</p>	<p><b>EAT SCHOOL MEALS!</b></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?



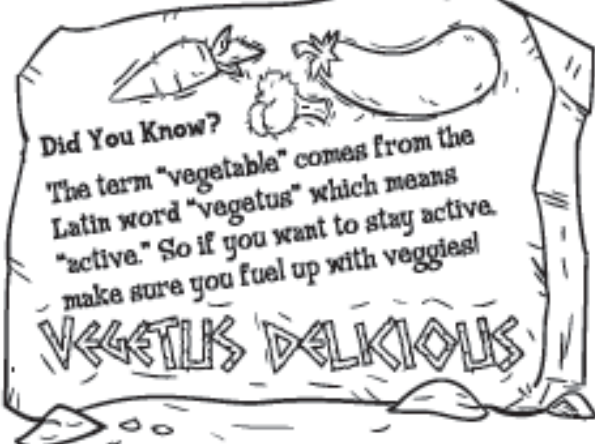
## Veggie Seek and Find

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



(Names: Veggie, Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Onion, Potato, Spinach, Mushroom, Cucumber)



## OUR CAFETERIA BRINGS IT!

Menus are subject to change. All meals are served with milk and a bread product. Grades 6-12 also have a choice of tea. Grades 4-12 may sign up in the lunchroom for a Chef Salad before school. Adults must call before 9:00 a.m. Lunchroom charging will not be permitted. Peanut Butter & Jelly Sandwiches will be served after the 3<sup>rd</sup> charge. If you have any questions concerning number of meals left, money paid, etc. please contact Patricia Merks at 564-3364 x502. Prices are as follows: All Reduced lunches \$4.00 Breakfast prices are Reduced \$3.00, Regular \$.80 and Adult \$1.25.

### Regular Lunches

Grades	Prices	10 Days	20 Days
Pre-K-3	\$1.60	\$16.00	\$32.00
4&5	\$1.70	\$17.00	\$34.00
6-8	\$1.80	\$18.00	\$36.00
9-12	\$1.90	\$19.00	\$38.00
Adults	\$3.05	\$30.50	\$61.00



**Food and Nutrition**  
 PART OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 AND RANCHING YOUR STAPLES

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