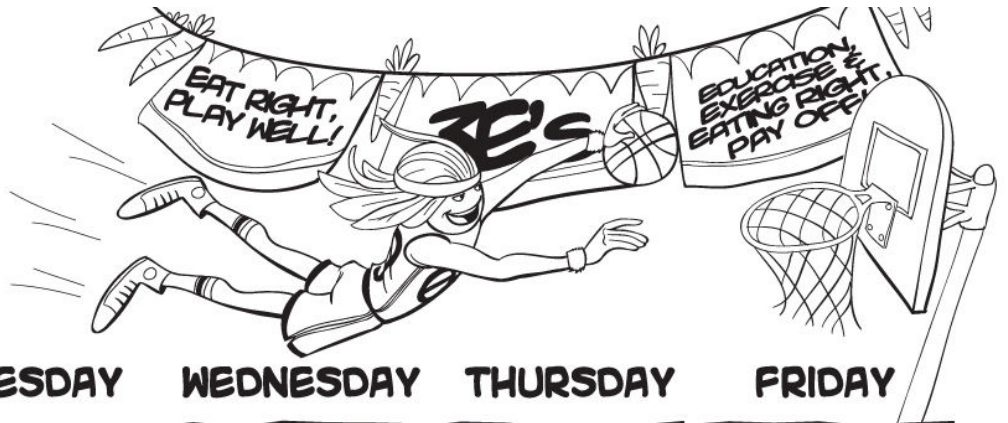


Match



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

1 Breakfast- Ham & Cheese Croissant, potato wedge, fruit, juice, milk, cereal bar
Lunch- Sausage on stick, beans, chips, bread, milk, treat

2 Chicken, biscuit, juice, milk
Lunch- Chicken Strips, potatoes, gravy, beans, fruit, bread, milk
MS&HS- Deli Wrap

3 Breakfast- Burrito, fruit, juice, milk
Lunch- Pizza, corn, salad, jello, milk
MS&HS- Chicken sandwich

4 Breakfast- Pancakes, sausage, juice, milk
Lunch- Tiger Burger, fixins, fries, fruit, milk

7 Breakfast- Honey Bun, fruit, juice, milk
Lunch- Beef Taco Pie, tortilla chips, beans, rice, fruit, milk
MS&HS- Burrito

8 Breakfast- Sausage, biscuit, juice, milk
Lunch- Corndog, mac&cheese, carrot sticks, fruit, jello, milk
MS&HS- Pizza

9 Breakfast- Ham & Cheese croissant, fruit, juice, milk
Lunch- Breaded Pork Chop, potatoes, gravy, beans, bread, milk
MS&HS- Nuggets

10 Breakfast- Biscuit, gravy, fruit, juice, milk
Lunch- Baked Potato, ham, cheese, corn, crackers, fruit, milk
MS&HS- Corndog

11 No School!!!!

14

15

16

17

18

SPRING BREAK!!!!!!

21 Breakfast- Cinnamon Roll, fruit, juice, milk
Lunch- Nachos, meat, cheese, beans, fruit, milk
MS&HS- Burrito

22 Breakfast- Pizza, fruit, juice, milk
Lunch- Pizza, salad, corn, pudding, milk
MS&HS- Chicken Sandwich

23 Breakfast- Ham & Cheese Croissant, fruit, juice, milk
Lunch- Chic. Strips, potatoes, gravy, beans, bread, milk
MS&HS- Corndog

24 Breakfast- Funnel Cake, fruit, juice, milk
Lunch- Spaghetti, Corn on the cob, garlic toast, fruit, juice, milk
MS&HS- Pizza

25 Breakfast- Pancake, sausage, juice, milk
Lunch- Tiger Filet, fixins, fries, milk

28 Breakfast- Pancake on a Stick, fruit, juice, milk
Lunch- Soft Tacos, cheese, lettuce, rice, beans, fruit, milk
MS&HS- Burrito

29 Breakfast- Chicken, Biscuit, juice, milk
Lunch- Catfish, Fries, corn on cob, bread, fruit, milk, cookie
MS&HS- Nuggets

30 Breakfast- Ham & Cheese Croissant, fruit, juice, milk
Lunch- Baked Chicken, Potatoes, gravy, cornbread, peas, fruit, milk
MS&HS- Strips

31 Breakfast- Cinnamon Raisin Biscuit, yogurt, juice, milk
Lunch- Hot Dog, chili, cheese, carrot sticks, fruit, chips, milk
MS&HS- Potato





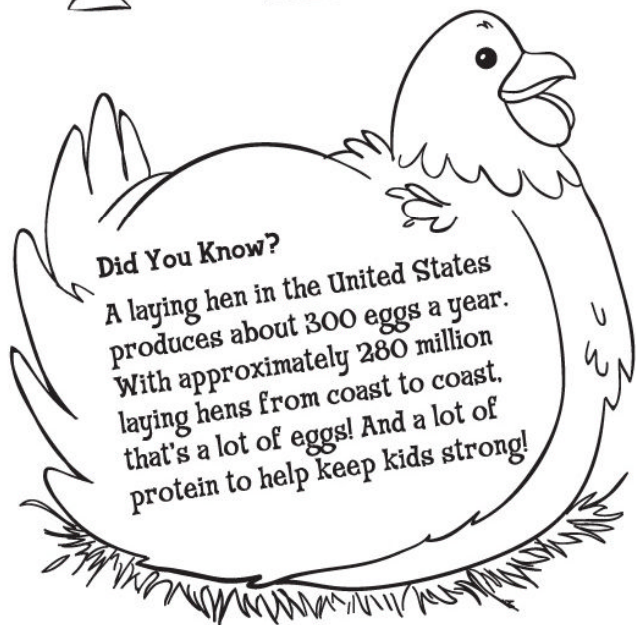
What does **BREAKFAST** bring me?



What's So Important About Breakfast?






It Fuels Your Brain and Your Body to Stay Focused and Feeling Great!

Why should you have a healthy breakfast? Your body needs it! When you wake up in the morning, your body hasn't had any fuel (or food, as we call it) since before you went to bed. That's a long stretch! If you skip breakfast, your body has to run on empty even longer. And when you're out of fuel, your brain doesn't function as well as it should. In fact, studies show that eating a good breakfast helps you focus at school - which means you learn more. A strong, healthy body helps in everything you do so start the day right with a nutritious breakfast. Your brain will thank you!



Match-A-Meal

Draw a line from each breakfast food to the nutritional benefit it provides.

■ Eggs	Vitamin C
■ Skim Milk	Fiber
■ Orange Juice	Protein
■ Whole grain toast	Calcium

(Answers: Eggs: Protein; Skim Milk: Calcium; Orange Juice: Vitamin C; Whole grain toast: Fiber)

OUR CAFETERIA BRINGS IT!

Your text here.



Food and Nutrition Division
3 E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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