

HAPPY NEW YEAR! HAVE FUN COLOR ME! 2012 HAPPY NEW YEAR!

January

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

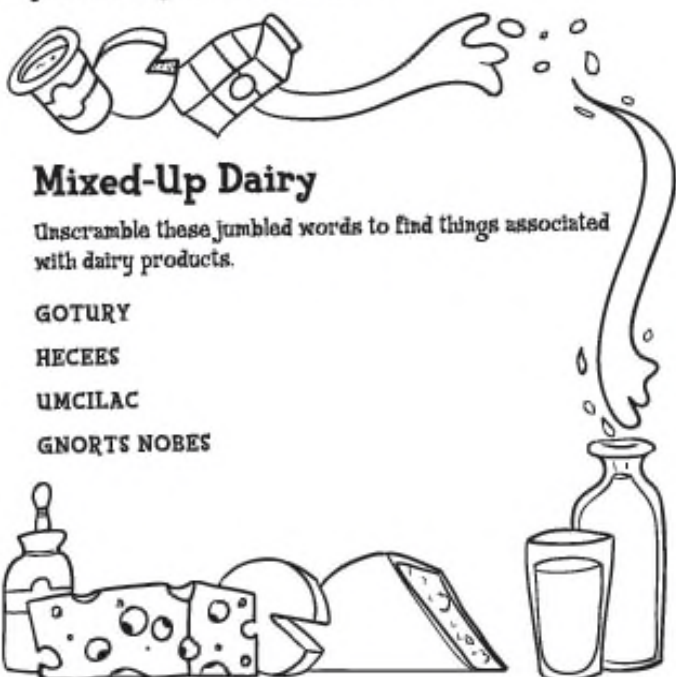
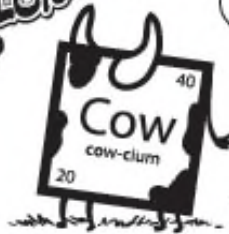
<p>2</p> <p>d</p>	<p>3</p>	<p>4</p>	<p>5 Breakfast- Biscuit, Gravy, fruit, juice, milk Lunch- Corndog, mac& cheese, carrots, fruit, milk MS&HS- Chicken Sandwich</p>	<p>6 Breakfast- Pancake on a Stick, fruit, juice, milk Lunch- Tiger Chic-Filet, Fixins, waffle fries, fruit, milk</p>
<p>9 Breakfast- Honey Bun, fruit, juice, milk Lunch- Beef Taco Pie, tortilla rounds, rice, beans, fruit, milk MS&HS- Burrito</p>	<p>10 Breakfast- Waffle, sausage, juice, milk Lunch- Sausage on a Stick, baked beans, chips, fruit, bread, milk MS&HS- Burger</p>	<p>11 Breakfast- Ham& Cheese Croissant, fruit, juice, milk Lunch- Oven Fried Chicken, peas, cornbread, fruit, pudding, milk MS&HS- Nuggets</p>	<p>12 Breakfast- Burrito fruit, juice, milk Lunch- Baked Potato, Ham, Cheese, crackers, corn, milk, jello MS&HS- Pizza</p>	<p>13 Breakfast- French toast, sausage, juice, milk Lunch- Tiger Burger, fixins, fries, fruit, milk</p>
<p>16 No School!!!</p>	<p>17 Breakfast- Chicken, Biscuit, fruit, juice, milk Lunch- Chicken Spaghetti, beans, fruit, roll, milk MS&HS- Corndog</p>	<p>18 Breakfast- Ham& Cheese Croissant, fruit, juice Lunch- Steak Fingers, potatoes, gravy, corn cob, bread, milk, MS&HS- Chic Sand</p>	<p>19 Breakfast- Biscuit, Sausage, juice, milk Lunch- Pizza, salad, corn, fruit, jello, milk MS&HS- Burger</p>	<p>20 Breakfast- Pancakes, sausage, juice, milk Lunch- Tiger Chic-Filet, fixins, fruit, fries, milk</p>
<p>23 Breakfast- Cinnamon Roll, fruit, juice, milk Lunch- Taco Salad, beans, rice, fruit, milk, MS&HS- Burrito</p>	<p>24 Breakfast- Cheese Omelet, Biscuit, juice, milk Lunch- Chili, Crackers/Fritos, corn cob, fruit, milk MS&HS- Potato</p>	<p>25 Breakfast- Ham& Cheese Croissant, fruit, juice, milk Lunch- Chicken Strips, potatoes, gravy, bread, fruit, milk MS&HS- Deli Wrap</p>	<p>26 Breakfast- Biscuit, Gravy, fruit, juice, milk Lunch- Beef Tips, rice, green beans, roll, fruit, pudding, milk MS&HS-Corndog</p>	<p>27 Breakfast- Mini Pancakes, sausage, juice, milk Lunch- Tiger Burger, fixins, fries, fruit, milk</p>
<p>30 Breakfast- Pizza, fruit, juice, milk Lunch- Chicken fajita, rice, beans, fruit, milk, pudding MS&HS-Burrito</p>	<p>31 Breakfast- Biscuit, sausage, juice, milk Lunch- Ham & Cheese Hogie, pickle spears, corn, fruit, chips MS&HS- Corndog</p>	<p>EAT SCHOOL MEALS!</p>		



What does **CALCIUM** bring me?

Maybe They Should Call it **COW-cium!**

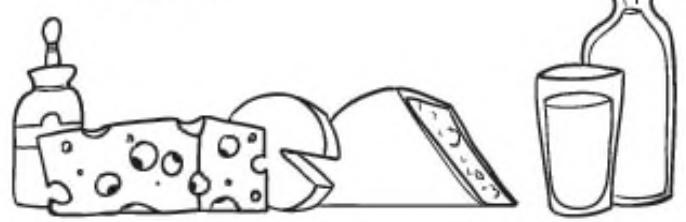
Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is **LOADED** with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily 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!



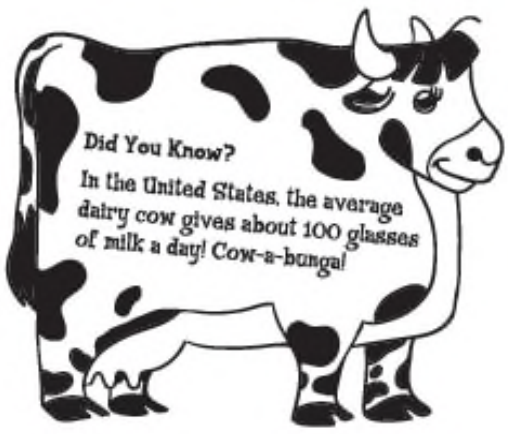
Mixed-Up Dairy

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

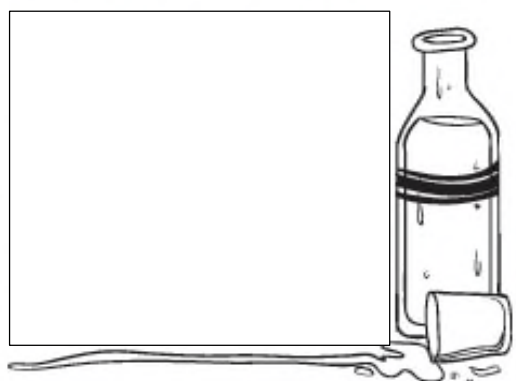
- GOTURY
- HECEES
- UMCILAC
- GNORTS NOBES



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



OUR CAFETERIA BRINGS IT!



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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