

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!  
COLOR ME!**

		<p><b>1</b> Kolache, Orange</p> <p>Chicken Nuggets, Mashed Potatoes, Green Bean</p> <p>Chef Salad Chicken Wrap</p>	<p><b>2</b> Breakfast Pizza, Juice</p> <p>Spaghetti, Salad, Peaches</p> <p>Chef Salad Chicken Wrap</p>	<p><b>3</b> Cereal, Yogurt, Juice</p> <p>Crispy Tacos Refried Beans, Corn</p> <p>Chef Salad Chicken Wrap</p>
<p><b>6</b> Pancakes, Orange</p> <p>Corndog, Tater Tots Pears</p> <p>Buffalo Chicken Salad Ham &amp; Cheese Sandwich</p>	<p><b>7</b> Muffin, Banana</p> <p>Toasted Ham &amp; Cheese Sandwich, Carrots Sticks, Peaches</p> <p>Buffalo Chicken Salad Ham &amp; Cheese Sandwich</p>	<p><b>8</b> Breakfast Pocket, Juice</p> <p>Chicken Sandwich, Lettuce &amp; Tomato Oven Fries</p> <p>Buffalo Chicken Salad Ham &amp; Cheese Sandwich</p>	<p><b>9</b> Sausage Biscuit, Apple</p> <p>Tamales, Pinto Beans, Grapes</p> <p>Buffalo Chicken Salad Ham &amp; Cheese Sandwich</p>	<p><b>10</b> Cereal, Yogurt, Juice</p> <p>Steak Fingers, Green Peas, Fruit Salad</p> <p>Buffalo Chicken Salad Ham &amp; Cheese Sandwich</p>
<p><b>13</b> English Muffin w/ Sausage, Juice</p> <p>Pizza, Salad, Pineapple</p> <p>Chef Salad Turkey &amp; Swiss Sandwich</p>	<p><b>14</b> Kolache, Apple</p> <p>Chicken Tenders, Green Beans, Fruit</p> <p>Chef Salad Turkey &amp; Swiss Sandwich</p>	<p><b>15</b> Grilled Cheese, Peaches</p> <p>Hot Dog, Baked Beans, Pears</p> <p>Chef Salad Turkey &amp; Swiss Sandwich</p>	<p><b>16</b> Breakfast Burrito Juice</p> <p>Cheeseburger, Oven Fries, Fruit Cocktail</p> <p>Chef Salad Turkey &amp; Swiss Sandwich</p>	<p><b>17</b> Cereal, Yogurt, Juice</p> <p>Grilled Turkey &amp; Cheeses Sandwich, Grapes, Tater Tots</p> <p>Chef Salad Turkev &amp; Swiss</p>
<p><b>20</b> Muffin, Juice</p> <p>Popcorn Chicken, Mashed Potatoes, Green Beans</p> <p>BBQ Chicken Salad Tuna Salad Sandwich</p>	<p><b>21</b> Sausage Biscuit Banana</p> <p>Chopped Beef Sandwich Tater Tots, Orange Slices</p> <p>BBQ Chickad Tuna Salad Sandwich</p>	<p><b>22</b> Cinnamon Roll Juice</p> <p>Taco Salad, Fruit Cocktail</p> <p>BBQ Chicken Salad Tuna Salad Sandwich</p>	<p><b>23</b> French Toast Orange</p> <p>Chicken Nuggets Mashed Potatoes, Corn</p> <p>BBQ Chicken Salad Tuna Salad Sandwich</p>	<p><b>24</b> Cereal, Yogurt Juice</p> <p>Corndog, Tater Tots Peaches</p> <p>BBQ Chicken Salad Tuna Salad Sandwich</p>
<p><b>27</b> Pancakes, Juice</p> <p>Pizza, Salad, Pineapple</p> <p>Chef Salad Ham &amp; Cheese Sandwich</p>	<p><b>28</b> Breakfast Pocket Juice</p> <p>Hot Dog, Baked Beans Fruit Cocktail</p> <p>Chef Salad Ham &amp; Cheese Sandwich</p>	<p><b>29</b> Breakfast Pizza Juice</p> <p>Crispy Tacos, Refried Beans, Corn</p> <p>Chef Salad Ham &amp; Cheese Sandwich</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?



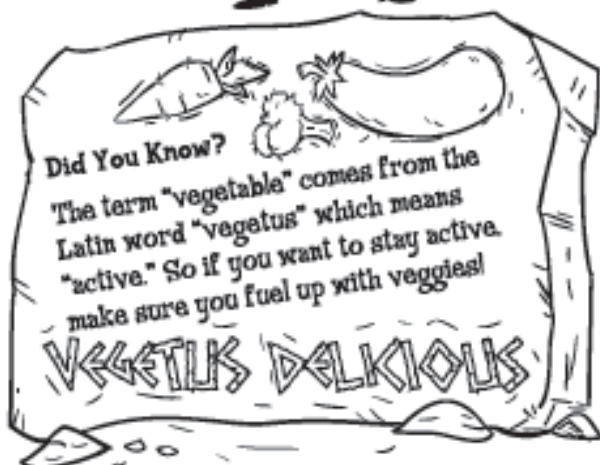
## Veggie Seek and Find

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



(Answer: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Pea, Yambean, Health Care)



## OUR CAFETERIA BRINGS IT!



**Food and Nutrition**  
 PART OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 OUR PARTNER FROM 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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