

# May



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   | <b>1</b> Pizza or<br>Toast & Cereal<br>*****<br>Chicken Spaghetti<br>Mixed Vegetables<br>Salad & Garlic Toast<br>Fruit | <b>2</b> Ham & Eggs<br>Toast<br>*****<br>Corn Dogs<br>Pinto Beans<br>Broccoli & Cheese<br>Apple Sauce<br>Graham Crackers | <b>3</b> Cereal & Toast<br>*****<br>Chicken Nuggets<br>Mashed Potatoes<br>Green Beans<br>Rolls<br>Cookies | <b>4</b> Pan Cakes<br>Sausage Links<br>*****<br>Nachos<br>Refried Beans<br>Corn<br>Apples |
| <b>7</b> Sausage Biscuit<br>Ham & Cheese or<br>Pimento Cheese<br>Sandwiches<br>Chips<br>Muffins                         | <b>8</b> Cinnamon Rolls<br>Or Cereal & Toast<br>*****<br>Baked Franks<br>Pinto Beans<br>Mac & Cheese<br>Corn Bread     | <b>9</b> Waffle Sticks<br>Sausage Links<br>*****<br>Steak Fingers<br>Mashed Potatoes<br>Green Peas<br>Apricots<br>Rolls  | <b>10</b> Ham & Eggs<br>Toast<br>*****<br>Tacos<br>Mexican Rice<br>Refried Beans<br>Banana Pudding        | <b>11</b> Cereal<br>Toast<br>Yogurt<br>*****<br>Cheeseburgers<br>Tater Tots<br>Cookies    |
| <b>14</b> Pan Cake on a Stick<br>*****<br>Salisbury Steak<br>Mashed Potatoes<br>Carrot Sticks<br>Peaches                | <b>15</b> Sausage Biscuits<br>*****<br>Hot Dogs<br>Broccoli<br>Tater Tots<br>Apples                                    | <b>16</b> Ham & Eggs<br>Toast<br>*****<br>Baked Potato<br>Or Pizza<br>Salad<br>Jell-O                                    | <b>17</b> Cereal & Toast<br>*****<br>Vegetable Soup<br>Grilled Cheese<br>Sandwiches<br>Apples<br>Cookies  | <b>18</b> Hash Browns<br>Toast & Eggs<br>*****<br>Nachos<br>Refried Beans<br>Spanish Rice |
| <b>21</b> French Toast<br>Sausage Links<br>*****<br>Chicken Nuggets<br>Mashed Potatoes<br>Green Beans<br>Rolls<br>Fruit | <b>22</b> Pizza or<br>Cereal & Toast<br>*****<br>Hoagies<br>Chips<br>Oranges   | <b>23</b> Pig-in-a-Blanket<br>Toast<br>*****<br>Meat Loaf or<br>Corn Dogs<br>Squash<br>Pinto Beans<br>Corn Bread         | <b>24</b> Sausage Biscuit<br>*****<br>Fajitas<br>Refried Beans<br>Spanish Rice<br>Apricots                | <b>25</b> Cereal & Toast<br>*****<br>Cheeseburgers<br>Tater Tots<br>Ice cream             |
| <b>28</b><br><br><br><b>HOLIDAY</b>   | <b>29</b> Cereal & Do Nuts<br>*****<br>Pizza<br>Salad<br>Fruit   | <b>30</b> Sausage Links<br>Waffle Sticks<br>*****<br>Hot Dogs<br>Chips<br>Fruit  | <b>31</b>   |   |



# What does EXERCISE bring me?



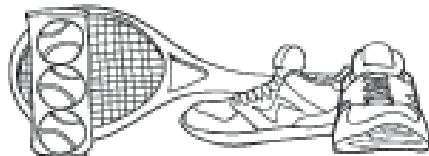
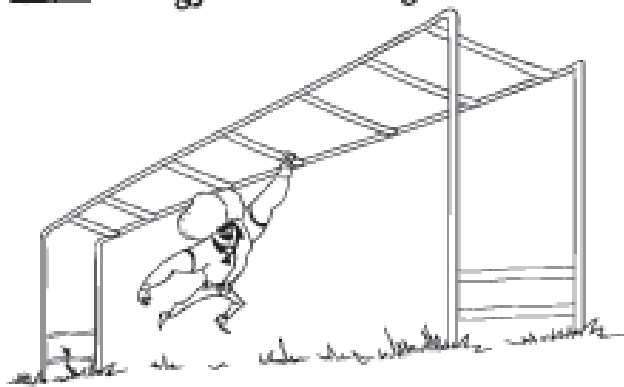
## Exercise for the Fun of It!

When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!



## Work-Out the Answer

To strengthen stomach muscles, I do lots of \_\_\_\_\_ ups. My arms are getting stronger because I hang on the monkey \_\_\_\_\_ at school. These shoes are great for \_\_\_\_\_ on the track. I know it's a game, but swinging the \_\_\_\_\_ racket is great exercise. I lift \_\_\_\_\_ at the gym to build strong muscles.



(Illustration: "Tennis Racket" using "tennis racket")

## Exercise Your Mind

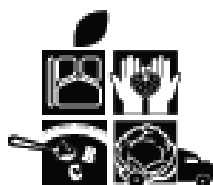
Do you like helping around the house? An hour of floor mopping can burn 200 calories, an hour of car washing can burn 250 calories and an hour of gardening can burn a whopping 350 calories! Think about it - a plain donut has 185 calories. That means you'd need nearly an hour of floor mopping, 48 minutes of car washing or 32 minutes of gardening to work off just one donut!

## OUR CAFETERIA BRINGS IT!

Menu Subject to Change

Milk, Fruit and or Juice Served  
With Breakfast Daily

Milk & Water Served  
With Lunch Daily



**Food and Nutrition**

30th of Healthy Living  
Education, Behavior and Safety Night

TEXAS DEPARTMENT OF AGRICULTURE  
COMMUNICATIONS SERVICES

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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