

Menu Subject to Change Without Notice

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN COLOR ME!**

		<p><b>1</b> Donut, Cinnamon Roll Cereal, Juice, Milk</p> <p>Cheeseburger Macaroni Or Pizza Green Beans, Salad Hot Rolls Spiced Applesauce Variety of Milk</p>	<p><b>2</b> Breakfast Pizza Cereal, Juice, Milk</p> <p>Cheeseburger or Chicken on Bun, Baked Beans, Lettuce, Pickles Oven Potato Puffs Variety of Milk Fruit</p>	<p><b>3</b> Sausage, Biscuit Cereal, Juice, Milk</p> <p>Chicken Spaghetti or Pizza Blackeye Peas, Tossed Salad, Crackers Garlic Bread Sticks Variety of Fruit Variety of Milk</p>
<p><b>6</b> Waffles, Strawberries Cereal, Juice, Milk</p> <p>Beef Enchiladas or Pizza Corn on Cob Lettuce &amp; Tomato Salad Apple Wedges Variety of Milk</p>	<p><b>7</b> Breakfast Bagel Pizza Cereal, Juice, Milk</p> <p>Salisbury Steak or Oven Roasted Chicken Creamed Potatoes Green Beans Sliced Tomatoes Hot Rolls Fruit, Variety of Milk</p>	<p><b>8</b> Breakfast Pizza Cereal, Juice, Milk</p> <p>Vegetable Beef Soup Grilled Cheese Sandwich Or Pepperoni Pizza Tossed Salad, Crackers Broccoli, Fruit Variety of Milk</p>	<p><b>9</b> Breakfast Combo, Toast Cereal, Juice, Milk</p> <p>King Ranch Chicken Or Mini Corny Dogs Green Beans Hot Rolls Salad, Orange Wedges</p>	<p><b>10</b> Biscuit, Bacon Egg Cereal, Juice, Milk</p> <p>Chicken Fried Steak Or Chicken Rings Scalloped Potatoes Blackeye Peas Hot Wheat Roll Fruit Cocktail Variety of Milk</p>
<p><b>13</b> French Toast Sticks Cereal, Juice, Milk</p> <p>Chicken w/Noodles Or Alpha Pizza W/K Corn Crackers Green Beans Orange Wedges Variety of Milk</p>	<p><b>14</b> Breakfast Pizza Cereal, Juice, Milk</p> <p>Chicken Pot Pie or Chicken Rings Creamed Potatoes Sweet Peas, Carrots Wheat Roll Sliced Peaches Variety of Milk</p>	<p><b>15</b> Donuts Cereal, Juice, Milk</p> <p>Mini Dogs or Corny Dog, or Steak fingers Black eye Peas Macaroni &amp; Cheese Cornbread Apple Wedges Variety of Milk</p>	<p><b>16</b> Sausage in Pancake Cereal, Juice, Milk</p> <p>Taco Soup or Baked Potato Grilled Cheese Sandwich Tossed Salad, Crackers Broccoli, Fruit Cup Variety of Milk</p>	<p><b>17</b> Sausage, Biscuit Cereal, Juice, Milk</p> <p>Chicken Quesadilla or Pizza Tossed Salad w/dressing Corn on Cob Apple Slices Variety of Milk</p>
<p><b>20</b> Waffles, Syrup Cereal, Juice, Milk</p> <p>Burrito or Hot Dog W/chili &amp; cheese Tossed Salad w/dressing Corn on Cob, Fruit Variety of Milk</p>	<p><b>21</b> Breakfast Pizza Cereal, Juice, Milk</p> <p>Lasagna or Chicken Nuggets W/K Corn, Tossed Salad w/dressing Garlic Bread Stick Sliced Peaches, Milk</p>	<p><b>22</b> Sausage in Pancake Cereal, Juice, Milk</p> <p>Italian Spaghetti w/meat sauce or Pizza Tossed Salad w/dressing Green Beans Garlic Toast</p>	<p><b>23</b> Scrambled Eggs, Toast Cereal, Juice, Milk</p> <p>Cheeseburger or BBQ On Bun, Baked Beans Lettuce, Pickles Oven Potato Puffs Variety of Milk Fruit</p>	<p><b>24</b> Pig n Blanket Cereal, Juice, Milk</p> <p>Turkey &amp; Dressing Cream Potatoes English Peas Hot Roll Fruit Salad Variety of Milk</p>
<p><b>27</b> Breakfast Pizza Cereal, Juice, Milk</p> <p>Super Nachos or Steak Fingers W/cheese &amp; taco sauce Pinto Beans Lettuce &amp; Tomato Salad Corn Bread, Fruit Variety of Milk</p>	<p><b>28</b> Sausage in Pancake Cereal, Juice, Milk</p> <p>Chicken Fried Steak or Chicken Rings Creamed Potatoes Sweet Peas, Carrots Wheat Roll Sliced Peaches Variety of Milk</p>	<p><b>29</b> Donut, Cinnamon Roll Cereal, Juice, Milk</p> <p>Cheeseburger Macaroni Or Pizza Green Beans, Salad Hot Rolls Spiced Applesauce Variety of Milk</p>		



# What does CAULIFLOWER bring me?



## Color Your Meals Healthy!

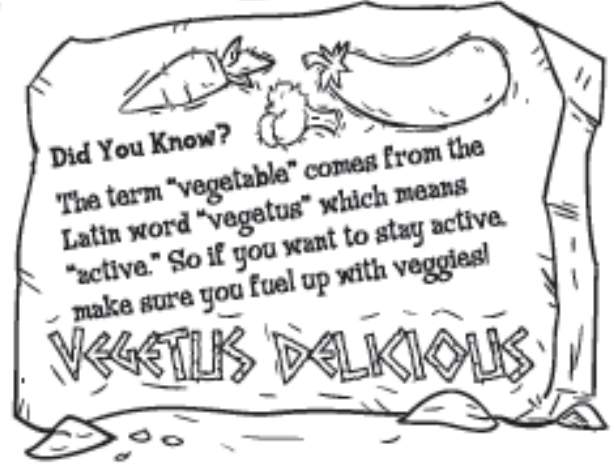
Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding 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



## OUR CAFETERIA BRINGS IT!

Prices for Breakfast and Lunch 2012

Breakfast	PK-12	\$1.50
	Adult	\$2.00
Lunch	PK-4	\$2.30
	5-12	\$2.25
	Adult	\$3.30
Extra Milk		\$.50



Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.  
[www.squaremeals.org](http://www.squaremeals.org)

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