



Special Milk PROGRAM

Monday

Tuesday

Wednesday

Thursday

Friday

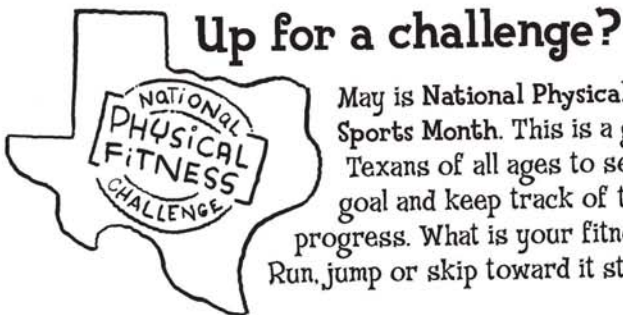
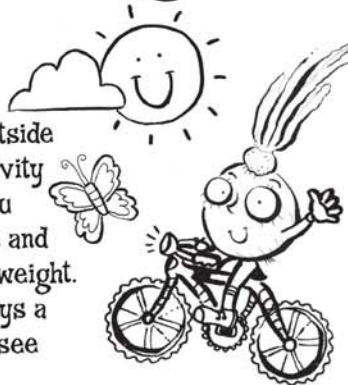
<p><b>4</b></p> <p>HOLIDAY</p>	<p><b>5</b> Breakfast Pizza Cereal/Graham Milk/Juice</p> <p>Salisbury Steak/Gravy Whipped Potatoes Corn/Roll Pear Milk</p>	<p><b>6</b> Bacon &amp; Egg Taco Cereal/Graham Milk/Juice</p> <p>Frito Pie Green Beans Tater Tots / Apple Graham Milk</p>	<p><b>7</b> Waffle &amp; Sausage Cereal/Graham Milk/Juice</p> <p>Breaded Chicken Whipped Potatoes Apple Sauce Gravy /Roll Milk</p>	<p><b>1</b> Pancake &amp; Sausage Cereal/Yogurt Milk/Juice</p> <p>Pepperoni Pizza Breadstick/Sauce Green Beans Apple/Cookie Milk</p>
<p><b>11</b> Tamales Cereal/Graham Milk/Juice</p> <p>Popcorn Chicken Whipped Potatoes Peas &amp; Carrots Peaches/Roll Milk</p>	<p><b>12</b> Biscuit &amp; Sausage Cereal/Cookie Milk/Juice</p> <p>Beef Tacos Lettuce/Tomato Spanish Rice / Orange Beans a la Charra Milk</p>	<p><b>13</b> Biscuit/Egg/Sausage Cereal/ Pastry Milk/Juice</p> <p>Beef Fingers/Gravy Whipped Potatoes Corn/Roll Mixed Fruit Milk</p>	<p><b>14</b> Morning Roll Cereal/Graham Milk/Juice</p> <p>Hot Dog Chili Tater Tots Pear Milk</p>	<p><b>15</b> Bacon &amp; Egg Taco Cereal/Graham Milk/Juice</p> <p>Chicken Sandwich Baked Chips/Apple Graham Pickle Spears Milk</p>
<p><b>18</b> PBJ Uncrustable Cereal/Graham Milk/Juice</p> <p>Chicken Nuggets Whipped Potatoes Corn on the Cob Roll /Fruit Cocktail Milk</p>	<p><b>19</b> Biscuit &amp; Sausage Cereal/Cookie Milk/Juice</p> <p>Bean Chalupa Lettuce/Tomato Spanish Rice Apple/Cookie Milk</p>	<p><b>20</b> French Toast Cereal/ Pastry Milk/Juice</p> <p>Salisbury Steak Whipped Potatoes Mac &amp; Cheese Roll /Pear Milk</p>	<p><b>21</b> Breakfast Pizza Cereal/Graham Milk/Juice</p> <p>Carne Guisada Spanish Rice/Saltines Beans a la Charra Pineapple Milk</p>	<p><b>22</b> Bean/Bacon Taco Cereal/Graham Milk/Juice</p> <p>Cheese Burger Oven Fries Lettuce/Tomato Orange Milk</p>
<p><b>25</b> French Toast Cereal/Graham Milk/Juice</p> <p>Chicken Strips Whipped Potatoes Corn on the Cob Roll /Fruit Cocktail Milk</p>	<p><b>26</b> Breakfast Pizza Cereal/Yogurt Milk/Juice</p> <p>Chicken Fajita Spanish Rice Beans a la Charra Tortilla/Applesauce Milk</p>	<p><b>27</b> Pancake &amp; Sausage Cereal/Graham Milk/Juice</p> <p>Corndog Oven Fries Pork &amp; Beans/Corn Apple Milk</p>	<p><b>28</b> Breakfast Bar Cereal/Donut Milk/Juice</p> <p>Spaghetti W/Meat Sauce Lettuce/Tomato Green Beans Pineapple/Roll Milk</p>	<p><b>29</b> Pancake on a Stick Cereal/Graham Milk/Juice</p> <p>Breaded Chicken Sandwich Baked Chips/Orange Graham/Pickle Spears Milk</p>



**YOGURT**

## Springtime is here!

Springtime is here! Time to get outside and exercise. Regular physical activity makes your heart happy, keeps you flexible, strengthens your muscles and helps you maintain a healthy body weight. Exercise 30 minutes a day, five days a week – at school or at home – and see how good you feel!



## Up for a challenge?

May is National Physical Fitness and Sports Month. This is a great time for Texans of all ages to set a fitness goal and keep track of their progress. What is your fitness goal? Run, jump or skip toward it starting today!

May is also Family Wellness Month. To improve the health of your family, do fun things together. Here are some ideas:



- \* Use MyPyramid to plan meals and snacks the whole family will love.
- \* Let each family member choose a physical activity for everyone to enjoy.
- \* Record each family member's fitness goals in a notebook where everyone can track their progress.
- \* Can you think of other ways to get your family on the fast track to wellness?

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://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. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

