



			1 Spaghetti Salad Garlic Bread Stick Apple	2 Hamburger Tator Tots Salad Cup Mixed Fruit cup
5 Holiday	6 Chicken Patty Gravy Mashed Potatoes Green Peas Hot Roll Apricots	7 Corn Dog Chicken Sandwich Mac and Cheese Salad Cup Mixed Fruit	8 Chicken Nuggets Mashed Potatoes Carrots and Peas Peach Cup Hot Roll	9 Hamburger/ Chicken Sandwich Tator Tots Salad Cup Fruit Cup
12 Pizza Corn Salad Cup Apple	13 Meatball Sub Carrot Sticks/Ranch Pineapple Tidbits Cookie	14 Fish Sticks Mac and Cheese Ranch Beans Rosy Pears	15 Turkey and Cheese Wrap/Pickle Baked Chips Celery and Carrot Sticks/Ranch Applesauce	16 Hamburger/ Chicken Sandwich Tator Tots Salad Cup Apricots Cookie
19 Pizza Corn Salad Cup Peach Cup	20 Steakfingers Mashed Potatoes Green Beans Hot Roll Jello/fruit	21 Cheese Quesadilla Mexican Rice Pinto Beans Corn Cobette Apple	22 Chicken Sandwich Baked Chips Pickle Spear Baby carrots/ranch Mixed Fruit	23 Hamburger/ Chicken Sandwich Tator Tots Salad Cup Apple Cookie
26 Pizza Corn Salad Cup Mandarin Oranges	27 Spaghetti/Meat Sauce Garlic Bread Salad Cup Apple	28 Turkey Wrap/Tomato Soup Baby Carrots/Ranch Goldfish Crackers Peaches	29 Fish Sticks Hot Dog Mac and Cheese Ranch Beans Jello cup/fruit	30 Hamburger/ Chicken Sandwich Tator Tots Salad Cup Apple Cookie



What does MyPyramid bring me?



MyPyramid: The Right Shape to Stay in Shape

Everybody needs MyPyramid. It's a food program designed just for you. MyPyramid considers your age, your height, your weight and how much physical activity you get each day to build the perfect nutrition plan for you. The



plan includes all the basics – grains, fruits, vegetables, dairy and meats/beans – in just the right portions to control your weight, build your muscles and focus your mind. You don't have to be a pharaoh to have a pyramid – just ask your dad or your mummy! You can design your very own nutrition pyramid at www.mypyramid.gov.



Let's Give Portions a Hand

Want to learn a trick that makes eating the right-sized portion easy? Make a fist. The portion of fruits or vegetables that shows up on your plate should be about the same size as your fist. It's a "handy" way to stay healthy!



Use the clues to rearrange the mixed-up letters in the names of these food groups.

Inargs: Cereals, bread and rice are just a few of the tasty options in this group.

Utfirs: Apples are red and hang from a tree – this group is loaded with Vitamin C!

Gevetbelas: A group that turns your body into a lean, green, healthy machine.

Riady: It's got milk and cheese and is sure to please.

Atems and Anebs: The group where beef and turkey meet something that starts with green, black and navy.



(Answers: Grains, Fruits, Vegetables, Dairy, Meats and Beans)

OUR CAFETERIA BRINGS IT!

Your text here.



Food and Nutrition Division
3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.

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