

May



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenders Mini Corn Dogs Green Peas Creamed Potatoes Hot Roll Fruit	2 Chicken Nuggets Fish Strips Green Beans Hush Puppies Peanut Butter Krunch Fruit	3 Steak Fingers Chicken Alfredo Tossed Salad Baked Beans Hot Roll Fruit	4 Sandwich Lettuce Cup Sunchips Fruit
7 Pizza Soft Tacos Tossed Salad Steamed Corn Fruit	8 Beef Enchiladas Taco Salad Tossed Salad Pinto Beans Spanish Rice Fruit	9 Italian Spaghetti Chicken Wrapini Sweet Peas Steamed Carrots Garlic Bread Fruit	10 Mini Tacos Chili Cheese Dog Tossed Salad Ranch Style Beans Baked Scoops Fruit	11 Build Your Own Burger Seasoned Fries Cookie Fruit
14 Pizza Chicken Spaghetti Tossed Salad Steamed Corn Fruit	15 Chicken Fried Steak BBQ Beef Baked Potato Broccoli & Cheese Hot Roll Fruit	16 Chicken Fajitas Crispito Lettuce & Tomato Pinto Beans Cornbread Fruit	17 Soup & Sandwich Chicken Rings Lettuce Cup Green Beans Sweet Rice Fruit	18 Build Your Own Sub Lettuce Cup Sunchips Fruit
21 Pizza Soft Tacos Tossed Salad Steamed Corn Fruit	22 Manager Special	23 Manager Special	24 Manager Special	25 Manager Special
28	Enjoy Your Summer!!!			

Secondary Lunch: Milk and Fruit or Juice offered at every meal.

Reimbursable Pizza, Nacho, and Bun option offered daily. Menu items are subject to change based on availability of product.



What does EXERCISE bring me?

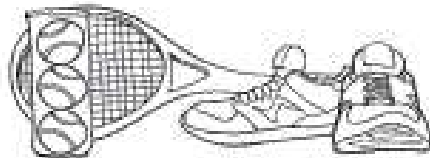
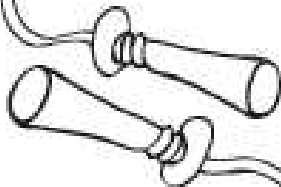
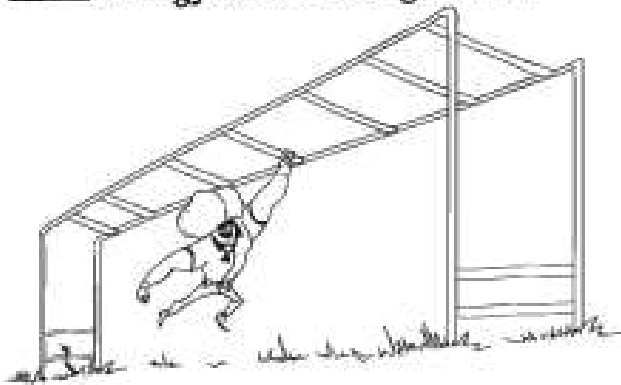
Exercise for the Fun of It!

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.

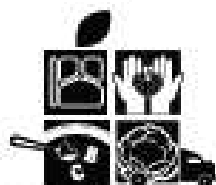


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Exercise Your Mind

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!



Food and Nutrition

20th and Industrial Lanes
Arlington, Texas and Spring Hill

TEXAS DEPARTMENT OF AGRICULTURE
COMMUNICATIONS AND MEDIA SERVICES

Square Meals is the Texas Department of Agriculture's Nutrition Education and Incentive program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

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