

# May



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



	<b>1</b> Breakfast Pizza  Or Cereal and Toast	<b>2</b> Sausage & Cheese Biscuit  Or Cereal and Toast	<b>3</b> Pancake Griddle  Or Cereal and Toast	<b>4</b> Waffle & Sausage  Or Cereal and Toast
<b>7</b> Mini Pancakes  Or Cereal and Toast	<b>8</b> Biscuit & Scrambled Eggs  Or Cereal and Toast	<b>9</b> French Toast Sticks & Sausage  Or Cereal and Toast	<b>10</b> Breakfast Taco  Or Cereal and Toast	<b>11</b> Waffle Sticks  Or Cereal and Toast
<b>14</b> Pop Tarts  Or Cereal and Toast	<b>15</b> Pig in a Blanket  Or Cereal and Toast	<b>16</b> Mighty Muffin  Or Cereal and Toast	<b>17</b> Pancake & Sausage  Or Cereal and Toast	<b>18</b> Pancake Pup  Or Cereal and Toast
<b>21</b> Biscuit & Scrambled Eggs  Or Cereal and Toast	<b>22</b> Breakfast Taco  Or Cereal and Toast	<b>23</b> Manager Special	<b>24</b> Manager Special	<b>25</b> Manager Special
<b>28</b>	<b>29</b> Enjoy Your Summer!!!		<b>30</b>	<b>31</b> 

**Breakfast Menu:** Milk, Yogurt, and Fruit offered every meal. Menu items subject to change to availability of product.



# What does **EXERCISE** bring me?

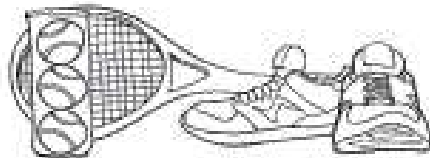
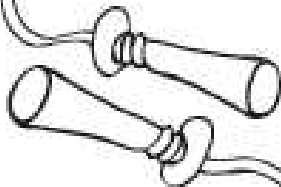
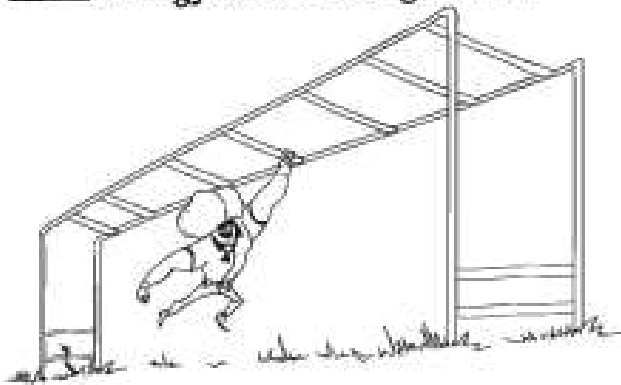
## Exercise for the Fun of It!

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.

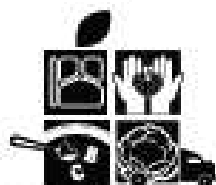


(Illustration: "Tennis Racket" by Tony (for iStockphoto))

## 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  
COMMUNITY SERVICES DIVISION

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