

# May



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



	1	2	3	4
	Steak Fingers Mini Tacos Lettuce & Tomato Chocolate Pudding Mixed Fruit	Mega Mac & Cheese Chicken Rings Steamed Carrots Sweet Peas Fresh Orange	Cheese Quesadilla Soft Taco Lettuce & Tomato Pinto Beans Baked Scoops Fresh Apple	Cinco De Mayo Nuggets Creamed Potatoes Broccoli & Cheese Peach Cup
7	8	9	10	11
Pizza Tossed Salad Steamed Corn Pineapple Chunks	Mini Corn Dogs Grilled Cheese Steamed Carrots Doritos Sliced Pears	Italian Spaghetti Tasty Rib Tossed Salad Green Peas Fresh Apple	Mini Burgers Hot Dog Green Beans Potato Smiles Fresh Orange	Cheese Enchiladas Sloppy Joe Spanish Rice Ranch Style Beans Peach Cup
14	15	16	17	18
Pizza Tossed Salad Steamed Corn Pineapple Chunks	Tostito Nachos Corn Dog Potato Smiles Pinto Beans Fresh Apple	Chicken Fried Steak Hot Dog Tossed Salad Green Beans Fresh Orange	BBQ on Bun Fish Nuggets Creamed Potatoes Broccoli & Cheese Mixed Fruit	Chicken Nuggets Hamburger Lettuce Cup Sweet Rice Peach Cup
21	22	23	24	25
Pizza Tossed Salad Steamed Corn Pineapple Chunks	Manager Special	Manager Special	Manager Special	Manager Special
28	Enjoy Your Summer!!!			

**Elementary Lunch:** Milk and Fruit or Juice offered at every meal. Cold Cub Pack Lunch offered daily. Menu items subject to change to availability of product.



# What does **EXERCISE** bring me?

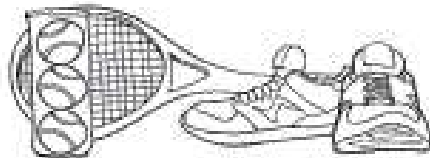
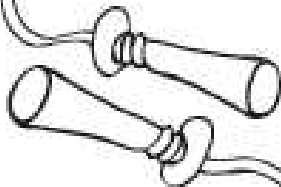
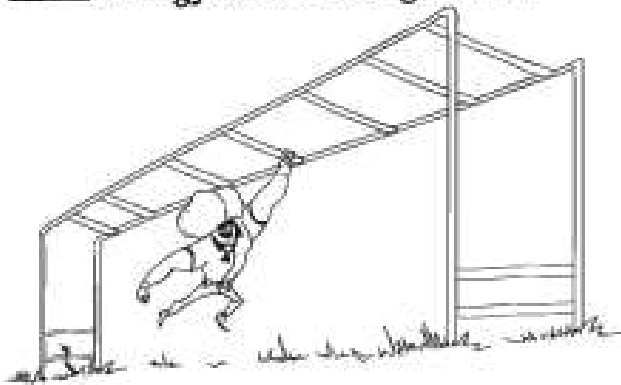
## Exercise for the Fun of It!

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.

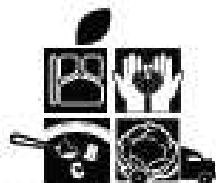


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## Exercise Your Mind

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**

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TEXAS DEPARTMENT OF AGRICULTURE  
 COMMUNICATIONS AND EXTENSION

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