

August



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
8	9	10	11 Back to School Night 6:00 - 7:30 pm	12
15 Cinnamon Toast Crunch, Pumpkin Bread, String Cheese, Apple Juice, Milk Chicken Nuggets w/ BBQ Sauce, Sweet Potato Fries, Peas, Roll, Banana, Milk	16 Wheaties, Banana Bread, Apple, Milk Nachos, Salad, Pears, Milk	17 Cheerios, Zucchini Bread, Grapes, Milk Beef and Bean Burrito w/ Salsa, Spanish Rice, Mixed Vegetables, Orange, Milk	18 Oatmeal, Cinnamon Roll, Banana, Milk Fried Chicken, Mashed Potatoes and Gravy, Green Beans, Roll, Grapes, Milk	19 Fruit Yogurt, Raisin Bread w/ Jelly, Strawberries, Milk Hot Dog, Potato Chips, Raw Vegetables, Apple, Milk
22 Cheerios, Pumpkin Bread, Orange Juice, Milk Spaghetti w/ Meatballs, Garlic Bread, Mixed Vegetables, Salad, Peaches, Milk	23 Cinnamon Toast Crunch, Banana Bread, Fruit Yogurt, Strawberries, Milk Beef Teriyaki Bites, Brown Rice, Relish Plate, Orange, Rice Crispy Square, Milk	24 Raisin Bran, Hard Boiled Egg, Zucchini Bread, Apple, Milk Straw Hats w/ Fritos, Corn, Strawberries, Milk	25 Yogurt Granola Parfait, Bagel w/ Cream Cheese, Banana, Milk Sloppy Joes, Raw Vegetables, Applesauce, Brownie, Milk	26 Wheaties, String Cheese, Raisin Bread w/ Jelly, Grapes, Milk Macaroni and Cheese, Green Beans, Fruit Yogurt, Grapes, Milk
29 Cinnamon Toast Crunch, Pumpkin Bread, Apple Juice, Milk BBQ Chicken, Mashed Potatoes w/ Gravy, Green Beans, Roll, Pears, Milk	30 Fruit Yogurt, Banana Bread, Strawberries, Milk Turkey Sub Sandwich, Relish Plate, Orange, Milk	31 Oatmeal, Cinnamon Roll, Grapes, Milk Cheese Pizza, Green Beans, Salad, Fruit Cocktail, Milk		



What does **EXERCISE** bring me?



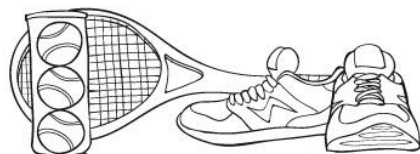
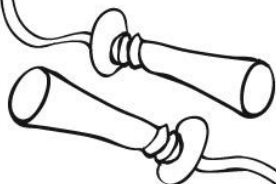
Exercise for the Fun of It!

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.



(Answers: sit, bars, running, tennis, weights)

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 230 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!

Welcome Back to School!

We hope you enjoyed your summer break!

If your child is going to be late to school, please call the school office to request a lunch. (303) 398-1103

Thank you!



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.

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.

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