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| <p>5</p> <p>No School</p> | <p>6 Wheaties, String Cheese, Zucchini Bread, Banana, Milk</p> <p>Chef Salad, Roll, Grapes, Rice Crispy Treat, Milk</p> | <p>7 Yogurt Granola Parfait, Raisin Bread, Hard Boiled Egg, Strawberries, Milk</p> <p>Cheeseburger, Green Beans, Pineapple, Milk</p> | <p>1 Rice Crunchies, String Cheese, Raisin Bread, Apple, Milk</p> <p>Tacos, Beans, Corn, Banana, Cupcake, Milk</p> | <p>2 Cheerios, Zucchini Bread, Banana, Milk</p> <p>Lasagna, Tossed Salad, Garlic Bread, Apple, Milk</p> |
| <p>12 Cinnamon Toast Crunch, Pumpkin Bread, String Cheese, Apple Juice, Milk</p> <p>Chicken Nuggets w/ BBQ Sauce, Sweet Potato Fries, Peas, Roll, Banana, Milk</p> | <p>13 Wheaties, Banana Bread, Apple, Milk</p> <p>Nachos, Salad, Pears, Milk</p> | <p>14 Cheerios, Zucchini Bread, Grapes, Milk</p> <p>Beef and Bean Burrito w/ Salsa, Spanish Rice, Mixed Vegetables, Orange, Milk</p> | <p>8 Cinnamon Toast Crunch, Pumpkin Bread, Orange Juice, Milk</p> <p>Roasted Chicken, Brown Rice, Veggies, Peaches, Milk</p> <p>15 Oatmeal, Cinnamon Roll, Banana, Milk</p> <p>Fried Chicken, Mashed Potatoes and Gravy, Green Beans, Roll, Grapes, Milk</p> | <p>9 Rice Crunchies, Banana Bread, Apple, Milk</p> <p>Beef and Bean Tostada, Mixed Veggies, Orange, Brownie, Milk</p> <p>16 Fruit Yogurt, Raisin Bread w/ Jelly, Strawberries, Milk</p> <p>Hot Dog, Potato Chips, Raw Vegetables, Apple, Milk</p> |
| <p>19 Cheerios, Pumpkin Bread, Orange Juice, Milk</p> <p>Spaghetti w/ Meatballs, Garlic Bread, Mixed Vegetables, Salad, Peaches, Milk</p> | <p>20 Cinnamon Toast Crunch, Banana Bread, Fruit Yogurt, Strawberries, Milk</p> <p>Beef Teriyaki Bites, Brown Rice, Relish Plate, Orange, Rice Crispy Square, Milk</p> | <p>21 Raisin Bran, Hard Boiled Egg, Zucchini Bread, Apple, Milk</p> <p>Straw Hats w/ Fritos, Corn, Strawberries, Milk</p> | <p>22 Yogurt Granola Parfait, Bagel w/ Cream Cheese, Banana, Milk</p> <p>Sloppy Joes, Raw Vegetables, Applesauce, Brownie, Milk</p> | <p>23 Wheaties, String Cheese, Raisin Bread w/ Jelly, Grapes, Milk</p> <p>Macaroni and Cheese, Green Beans, Fruit Yogurt, Grapes, Milk</p> |
| <p>26 Cinnamon Toast Crunch, Pumpkin Bread, Apple Juice, Milk</p> <p>BBQ Chicken, Mashed Potatoes w/ Gravy, Green Beans, Roll, Pears, Milk</p> | <p>27 Fruit Yogurt, Banana Bread, Strawberries, Milk</p> <p>Turkey Sub Sandwich, Relish Plate, Orange, Milk</p> | <p>28 Oatmeal, Cinnamon Roll, Grapes, Milk</p> <p>Sack Lunch</p> | <p>29 Rice Crunchies, String Cheese, Raisin Bread, Apple, Milk</p> <p>Tacos, Beans, Corn, Banana, Cupcake, Milk</p> | <p>30 Cheerios, Zucchini Bread, Banana, Milk</p> <p>Lasagna, Tossed Salad, Garlic Bread, Apple, Milk</p> |



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.



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)



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!

OUR CAFETERIA BRINGS IT!

Our 5th through 8th graders will be leaving for Cal-Wood Outdoor Education on Wednesday, September 28th. Our K-4th graders will be going on a Field Trip this day to the Zoo.

All classes will receive a sack lunch on Wednesday, September 28th for their trips.

As always, please call ahead if your child is going to be late to school so we can include them in the lunch count. Please call the school office at (303)398-1103.



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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