



<p><b>MONDAY</b></p> <p><b>5</b></p> <p><b>Labor Day No School</b></p>	<p><b>TUESDAY</b></p> <p><b>6</b> Milk/Juice Cold Cereal Graham Crackers</p> <p>Pepperoni Pizza Green Beans Fresh Fruit Choice of Milk</p>	<p><b>WEDNESDAY</b></p> <p><b>7</b> Milk/Juice Mini Pancakes</p> <p>Breaded Chicken Patty Scalloped Potatoes Mixed Vegetables Wheat Roll Peaches Choice of Milk</p>	<p><b>THURSDAY</b></p> <p><b>1</b> Milk/Juice Sausage Biscuit</p> <p>Super Roll Seasoned Corn Fruit Choice of Milk</p>	<p><b>FRIDAY</b></p> <p><b>2</b> Milk/Juice Pig in a Blanket</p> <p>Cheeseburger on a Wheat Bun Oven Baked Fries Burger Salad Fruit</p>
<p><b>12</b> Milk/Juice Cold Cereal Graham Crackers</p> <p>Steakfingers w/gravy Mashed Potatoes Glazed Carrots Wheat roll Fruit Choice of Milk</p>	<p><b>13</b> Milk/Juice Pancake on a Stick</p> <p>Beef-a-Roni Green Beans Garden Salad French Bread Fruit Choice of Milk</p>	<p><b>14</b> Milk/Juice Pizza Omelet Toast</p> <p>Roasted Chicken Creamy Rice Steamed Broccoli Biscuit Fruit Choice of Milk</p>	<p><b>15</b> Milk/Juice Chicken Biscuit</p> <p>Chalupas Seasoned Corn Lettuce &amp; Tomato Fresh Fruit Choice of Milk</p>	<p><b>16</b> Milk/Juice Pig in a Blanket</p> <p>Mini Cheeseburgers Oven Baked Fries Pickle Spear Fruit Choice of Milk</p>
<p><b>19</b> Milk/Juice Cold Cereal Graham Crackers</p> <p>Popcorn Chicken w/Ranch Toast Oven Baked Fries</p>	<p><b>20</b> Milk/Juice Ham &amp; Cheese English Muffin</p> <p>Sausage Pizza Green Beans Fresh Fruit Choice of Milk</p>	<p><b>21</b> Milk/Juice Pan-Egg-Cake</p> <p>Chicken Fried Steak w/gravy Mashed Potatoes Mixed Vegetables Wheat Roll Choice of Milk</p>	<p><b>22</b> Milk/Juice Sausage Biscuit</p> <p>Chicken Fajita Taco Spanish Rice Refried Beans Lettuce &amp; Tomato Cheese Fruit Choice of Milk</p>	<p><b>23</b> Milk/Juice Pig in a Blanket</p> <p>Fish Burger Macaroni &amp; Cheese Burger Salad Pickle Spear Fruit Choice of Milk</p>
<p><b>26</b> Milk/Juice Cold Cereal Graham Crackers</p> <p>Teriyaki Beef Dippers White Rice Broccoli &amp; Carrots Wheat Roll Fruit Choice of Milk</p>	<p><b>27</b> Milk/Juice Peanut Butter &amp; Jelly Uncrustable</p> <p>Chicken Pasta Bake Green Beans French Bread Fruit Choice of Milk</p>	<p><b>28</b> Milk/Juice Bacon Scramble Pizza</p> <p>Oven Fried Chicken Oven Baked Fries Glazed Carrots Biscuit Fruit Choice of Milk</p>	<p><b>29</b> Milk/Juice Morning Mix-ups</p> <p>Cheese Enchiladas w/chili sauce Spanish Rice Pinto Beans Salad Fruit Choice of Milk</p>	<p><b>30</b> Milk/Juice Pig in a Blanket</p> <p>Hot Dog w/chili &amp; cheese Baked Beans Veggie Sticks Fruit Choice of 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](http://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!



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](http://www.mypyramid.gov).

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