

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!
COLOR ME!**

		<p>1 Crisritos Pinto Beans Assorted milk Fruit cup Breakfast: Bkft. Pocket</p>	<p>2 Hamburger Potato Wedges Burger Veggies Assorted milk Fresh Fruit Breakfast: Biscuit/Sausage</p>	<p>3 STUDENT HOLIDAY</p>
<p>6 Steak Fingers Potatoes Roll Mixed Veggies Assorted milk Fruit mix Breakfast: Pig n Blanket</p>	<p>7 Beef Macaroni Veggie of the Day Crackers/Bread Assorted milk Fruit Breakfast: Pancake Wrap</p>	<p>8 Beef Tips w/gravy Pinto Beans Tortilla Salad Assorted milk Fruit cup Breakfast: Bkft. Pizza</p>	<p>9 Chicken Burger Pickle chips Vegetable soup Assorted milk Fruited Gelatin Breakfast: Biscuit/Sausage</p>	<p>10 Fish Nuggets Mac/cheese Buttered Veggies Assorted milk Mixed Fruit Breakfast: Bkft. Taco</p>
<p>13 Corndog Mixed Veggies Assorted milk Fruit mix Breakfast: Waffle stix</p>	<p>14 B/B/QUE Chicken Baked Beans Coleslaw Bread Assorted milk Fruit Breakfast: Cinnamon Toast</p>	<p>15 Crispy Beef Tacos Spanish Rice Lettuce/Tomato Assorted milk Fruit Breakfast: Bkft. Burrito</p>	<p>16 Hamburger Potato Wedges Burger Veggies Assorted milk Fresh Fruit Breakfast: Biscuit/Sausage</p>	<p>17 Deli Sandwich Veggie stix w/ dressing cup Assorted milk Mixed Fruit Breakfast: Bkft. Taco</p>
<p>20 Chicken Nuggets w/ Sauce Mixed Veggies Assorted milk Fruit mix Breakfast: Pig n Blanket</p>	<p>21 Spaghetti w/ meatsauce Breadstick Veggies Assorted milk Fruit Breakfast: Pancake Wrap</p>	<p>22 Chili & Beans Cornbread/Crackers Garden Salad Assorted milk Fruit cup Breakfast: Bkft. Pizza</p>	<p>23 B/B/Que on Bun Pickle chips Vegetable soup Assorted milk Fruited Gelatin Breakfast: Biscuit/Sausage</p>	<p>24 Pizza Golden corn Assorted milk Mixed Fruit Breakfast: Bkft. Taco</p>
<p>27 Salisbury Steak Potatoes Roll Mixed Veggies Assorted milk Fruit mix Breakfast: Waffle stix</p>	<p>28 Turkey pot pie Veggie of The Day Sliced bread Assorted milk Fruit Breakfast: Cinnamon Toast</p>	<p>29 Nacho supreme Pinto Beans Garden Salad Assorted milk Fruit cup Breakfast: Bkft. Pocket</p>		



What does CAULIFLOWER bring me?



Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



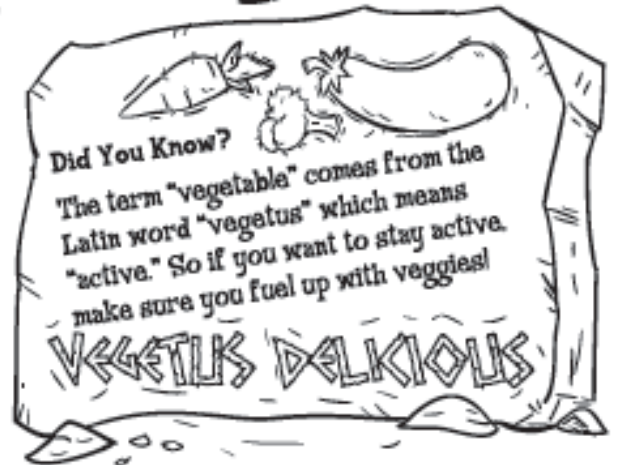
Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Pea, Yambean, Health, Corn)



OUR CAFETERIA BRINGS IT!

JUST A REMINDER MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

STUDENT HOLIDAY – FEBRUARY 3, 2012
 EARLY RELEASE – FEBRUARY 17, 2012
 VALENTINE'S DAY – FEBRUARY 14, 2012

ALL PAWNEE MENUS COMPLY WITH THE TEXAS PUBLIC SCHOOL NUTRITION POLICY SET BY THE TEXAS DEPARTMENT OF AGRICULTURE. THE HEALTH OF OUR CHILDREN IS OF THE UTMOST IMPORTANCE TO EVERYONE AT PAWNEEISD.



Food and Nutrition
 NEW! BE HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 OUR PARTNER FROM STAPLES

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

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