

Hooray for the  
AFTER SCHOOL  
SNACK  
PROGRAM

# April

ENJOY  
HEALTHY SNACKS

Thursday

Friday

Monday

Tuesday

Wednesday

square meals

Have FUN  
and  
color me!

<p>5 Breakfast Wrap</p> <p>Cheese Sticks or Lasagna Green Beans Garden Salad Chilled Fruit Breadstick Cold Milk</p>	<p>6 Kellogg's Jump Start</p> <p>Nacho Grande or Quesadilla Spanish Rice Seasoned Pinto Beans Southwest Chicken Soup Chilled Fruit Cold Milk</p>	<p>7 Breakfast Bun</p> <p>Fruit Plate with Yogurt or BBQ Sandwich Baked Beans Pickle Spears Clodhoppers Cold Milk</p>	<p>8 Cinnamon Waffle</p> <p>Tony's Pizza or Baked Pizza Chicken Noodle Soup Cauliflower with Cheese Sauce Fresh Fruit Cold Milk</p>	<p>9 Kolache</p> <p>Cheese Burger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>
<p>12</p> <p>No School</p>	<p>13 French Toast</p> <p>Frito Pie or Chilidog Texas Chili Seasoned Corn Baby Carrots with Dip Scooby Doo Snack Cold Milk</p>	<p>14 Muffin</p> <p>Tyson Chicken Nuggets or Wedge O' Fish Macaroni and Cheese Green Beans Chilled Fruit Hot Roll Cold Milk</p>	<p>15 Pancake/Sausage on a Stick</p> <p>Personal Pizza or Baked Potato Broccoli Cheese Soup California Vegetables Fresh Fruit Cold Milk</p>	<p>16 Kolache</p> <p>Cheese Burger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>
<p>19 Breakfast Wrap</p> <p>Spaghetti or Grilled Chicken Salad Green Beans Garden Salad Chilled Fruit Breadstick Cold Milk</p>	<p>20 Kellogg's Jump Start</p> <p>Grilled Cheese or Steak Sandwich Vegetable Soup Luigi's Sherbert Cup Corn on the Cob Cold Milk</p>	<p>21 Breakfast Bun</p> <p>Fruit Plate with Yogurt or Corn Dog Baked Beans Minute Maid Juice Bar Cold Milk</p>	<p>22 Cinnamon Waffle</p> <p>Stuffed Crust Pizza or Baked Potato Chicken Noodle Soup Broccoli with Cheese Sauce Fresh Apple Cold Milk</p>	<p>23 Kolache</p> <p>Soft Beef Taco or Quesadilla Charro Beans Spanish Rice Lettuce and Tomato Chilled fruit Cold Milk</p>
<p>26 Cinnamon Rolls</p> <p>Chicken Drumstick or Country Steak Mashed Potatoes with Country Gravy Black Eyed Peas Chilled Fruit Jalapeno Cornbread Cold Milk</p>	<p>27 French Toast</p> <p>Hoagie Box Lunch or Beef Tips and Rice Gumbo Soup Green Beans Chocolate Pudding Hot Roll Cold Milk</p>	<p>28 Muffin</p> <p>Tyson Chicken Nuggets or Grilled Chicken Salad Macaroni and Cheese Glazed Carrots Chilled Fruit Hot Roll Cold Milk</p>	<p>29 Pancake/Sausage on a Stick</p> <p>Tony's Pizza Wedge or Baked Potato Broccoli and Carrots with Dip Canadian Cheese Soup Fresh Fruit Cold Milk</p>	<p>30 Kolache</p> <p>Cheese Burger or Corn Dog Tater Tots Lettuce, Tomato and Pickles Chilled Fruit Cold Milk</p>

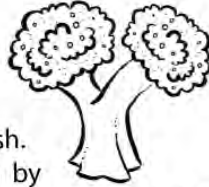


## Mix it Up for Better Health.

Did you know that people who eat a wide variety of foods are healthier? This is because different foods contain different amounts and combinations of what's good for you. To keep your meals healthy at school and at home, choose a variety of foods. That way you'll never get bored!

## Live La Vida Local!

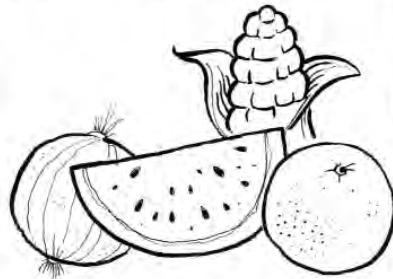
Fruits and vegetables from right here in Texas taste delicious because they're so fresh. Celebrate Texas Fruit and Vegetable Month by munching on the best the state — and the season — has to offer. This month you'll find broccoli, celery, cucumbers, peaches, oranges and potatoes that are ripe and ready to eat. Maybe they're grown at a farm right down the road from you!



## Texas Produce Word Find

Circle the nine Texas-grown fruits and vegetables hidden in the puzzle. The words can be horizontal, vertical or diagonal — frontward or backward!

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



watermelon, spinach, peas, onion, pumpkin, apple, lime, corn, orange

## Check Out the CAFETERIA BUZZ



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). 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. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

## Crunch & Munch



Healthy Foods are Friends for Life

Hey Munch, how did the farmer fix the hole in his jeans?

I don't know.

With a cabbage patch!



Ha! Hey, did you know that April is Physical Wellness Month? I'm celebrating by being more physically active every day.

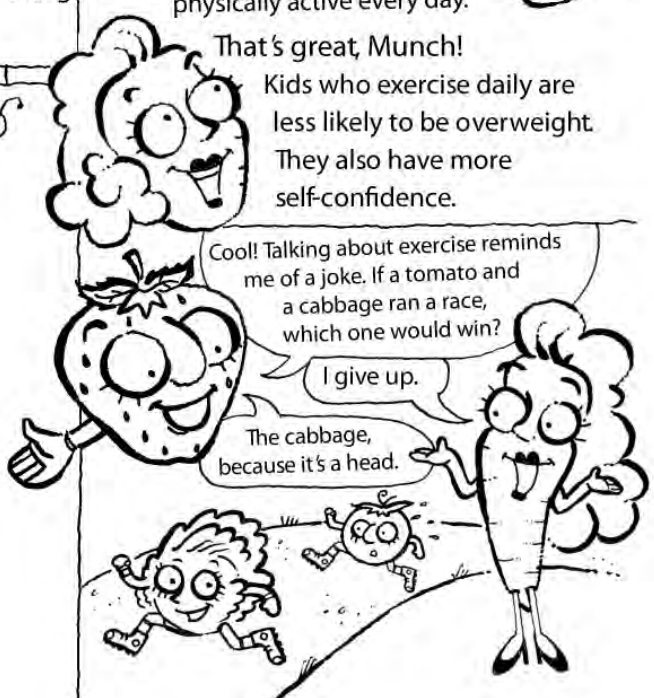
That's great, Munch!

Kids who exercise daily are less likely to be overweight. They also have more self-confidence.

Cool! Talking about exercise reminds me of a joke. If a tomato and a cabbage ran a race, which one would win?

I give up.

The cabbage, because it's a head.



Crunch & Munch comics by Missi Jay