



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>5</b> Breaded Chicken Chunks Dinner Roll Roasted Vegetable Medley Orange Wedges Milk</p>	<p><b>6</b> Soft Taco with Cheese Broccoli Chilled Peaches Milk</p>	<p><b>7</b> Turkey &amp; Mashed Potato Bowl Green Beans Fresh Sliced Apples Milk</p>	<p><b>8</b> Three Cheese Boat Cucumber &amp; Carrot Sticks w/ FF Dip Banana Milk</p>	<p><b>9</b> Baked Mozzarella Sticks Garden Salad Fresh Fruit Dinner Roll Milk</p>
<p><b>12</b> Corn Dog Cauliflower Chilled Pineapple Dinner Roll Milk</p>	<p><b>13</b> Chicken &amp; Cheese Quesadilla Romaine &amp; Tomato Salad Fresh Sliced Apples Milk</p>	<p><b>14</b> Macaroni and Cheese Garden Salad Fresh Fruit Milk</p>	<p><b>15</b> Chicken Tenders Green Beans Banana Dinner Roll Milk</p>	<p><b>16</b> Pepperoni Pizza Carrots &amp; Celery Sticks w/ FF Dip Orange Wedges Milk</p>

## Winter Recess



December 19-30



# What does **PROTEIN** bring me?

## Give Your Meal Some Muscle



Muscles make your body strong and protein is the fuel that builds muscle. It's an important part of your diet and you'll find it in some of your favorite foods like meat, poultry, fish, eggs and beans.

Make sure you're getting the protein you need with these menu suggestions:



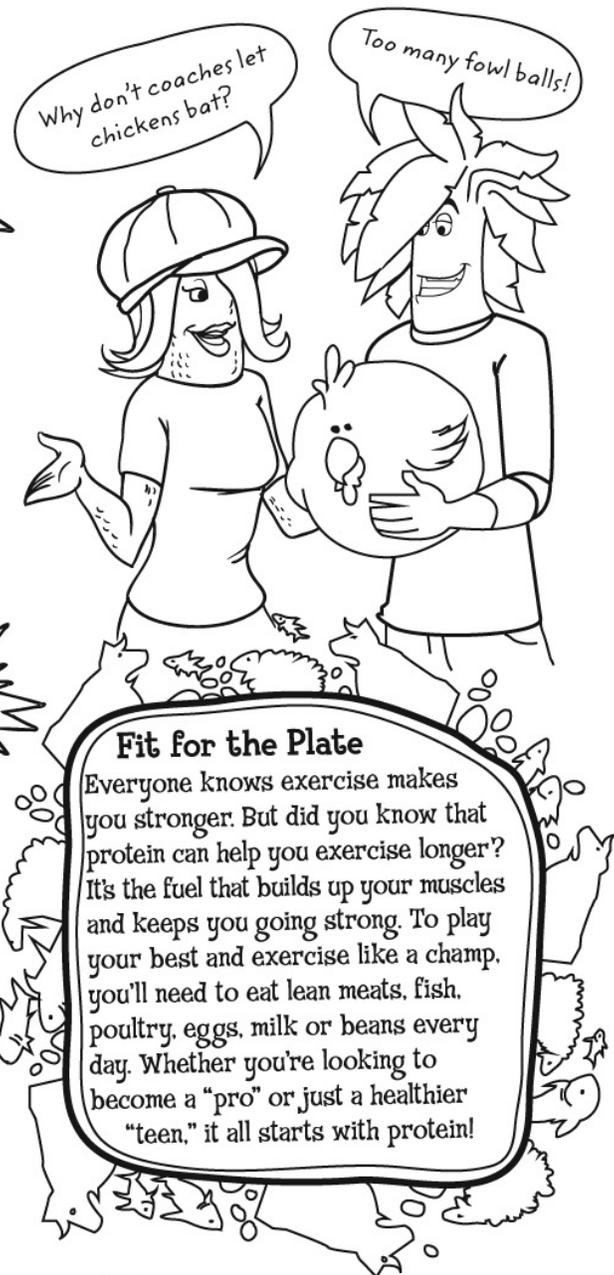
**Breakfast:** Get the day started right with a breakfast that includes eggs, lean ham or turkey sausage.

**Lunch:** Turkey, chicken, tuna or peanut butter – a sandwich on whole-grain bread is a delicious way to get your protein.

**After School Snack:** Turkey wrapped in lettuce goes great with green grapes and milk. Mix and match healthy meats, milk, fruits, veggies and grains for a tasty, healthy snack before dinner.



**Dinner:** Choose a grilled steak, baked chicken, roasted turkey or a nutritious choice like black beans or pinto beans for a muscle-building dinner.



### Fit for the Plate

Everyone knows exercise makes you stronger. But did you know that protein can help you exercise longer? It's the fuel that builds up your muscles and keeps you going strong. To play your best and exercise like a champ, you'll need to eat lean meats, fish, poultry, eggs, milk or beans every day. Whether you're looking to become a "pro" or just a healthier "teen," it all starts with protein!

### What's Missing in Your Meal Plan?

Fill in the blanks to name these popular sources of protein  
 B \_ \_ C \_ B \_ \_ \_ NS (The color of a pirate flag; What did Jack get when he traded the cow?)

M \_ L \_ (You pour it on your cereal)

\_ AM \_ \_ G \_ \_ (A kind of sandwich that comes on a round bun)

\_ \_ R \_ \_ Y (A gobbler)

C \_ \_ C \_ \_ F \_ \_ G \_ \_ \_ (Something you'd find on the hands of a hen – if hens had hands)

\_ \_ \_ SAN \_ \_ \_ H (A slice of pork between two slices of bread)

S \_ LM \_ \_ (A fish that swims upstream)

\_ U \_ A (If your casserole seems a little fishy, it probably has this in it)

CH \_ \_ S \_ (What you "Say" before you get your picture taken)

\_ \_ E \_ K (Ribeye, T-bone and Porterhouse)

(Answers: Black Beans, Milk, Hamburger, Turkey, Chicken Fingers, Ham Sandwich, Salmon, Tuna, Cheese, Steak)



Food and Nutrition Division  
 3E'S OF HEALTHY LIVING  
 Education, Exercise and Eating Right

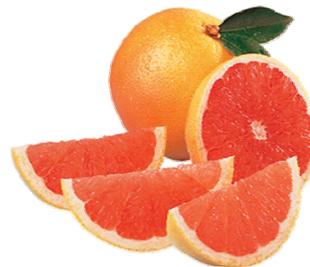
Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

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 Civil Rights, 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.

### OUR CAFETERIA BRINGS IT!

#### Fresh Fruit Friday



# Grapefruit