

**JOIN
LOGAN & MIA
AS THEY DISCOVER
THE GREAT PLATE
OF TEXAS
WITH HEALTHY
SCHOOL MEALS!**



AUGUST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
Cereal Links Fruit Milk 24	Pancakes Turkey Sausage Cereal Fruit Milk 25	Muffin Sausage Links Cereal Fruit Milk 26	Waffles Turkey Links Cereal Fruit Milk 27	Kolache Cereal Fruit Juice Milk 28
Poptart Sausage Link Fruit Milk 31	<h2>PROTEIN</h2> <p>BEEF, CHICKEN, PORK, FISH, SHRIMP, EGGS, BEANS, NUTS</p>			

GOOD EATS AT:

The Varnett Public School



SPECIAL ANNOUNCEMENTS

August 24th: First Day of School

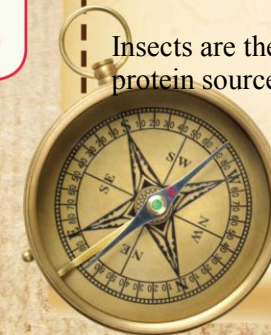
DID YOU KNOW??

Protein is found in every part of our bodies—in our hairs, teeth, bones, skin and eyes!

Our bodies need protein to repair itself and give us energy

You can find protein in foods such as meat, dairy, nuts, seeds and beans

Insects are the most nutritious of all protein sources!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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IT'S AUGUST, and good things to eat are popping up all over Texas. Here are a few facts that can help you be better explorers – and healthier Texans!

FOOD: Poultry

REGION WITH FRESH SELECTION: Statewide

DISTINGUISHING CHARACTERISTICS:

Poultry is a term describing various types of birds raised as a food source.

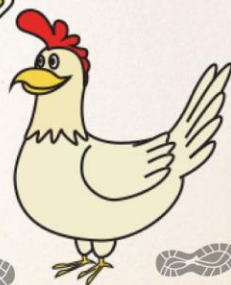
WHAT TO KNOW:

Poultry, especially chicken and turkey, are excellent sources of protein. Protein is important because it builds muscles and helps keep the body strong. Chicken and turkey are also low in fat, making them a healthy choice for any meal.

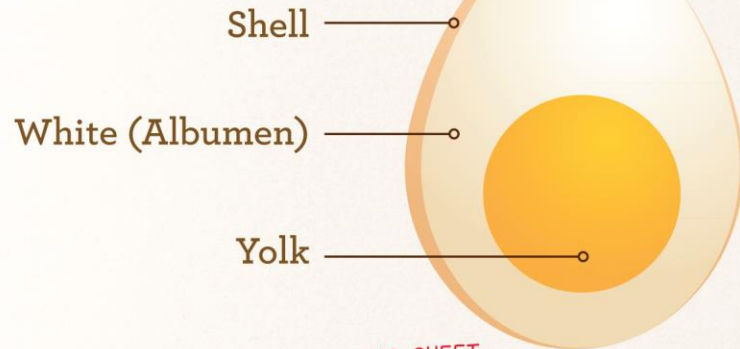


Q: Why didn't the hen cross the road?

A: BECAUSE SHE WAS A CHICKEN!



ANATOMY OF AN EGG:



COMING IN SEPTEMBER: APPLES!



EXPLORER'S EXERCISE TRACKING SHEET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

FUN FACT:

Turkeys are flock birds who walk more than fly. Wild turkeys can fly short distances and often sleep in trees.

EXPLORER'S NOTEBOOK:

While eating right is essential for good health, your body also needs exercise. If you run a race or play tag, you're doing something great for your heart. If you do a handstand or climb, you're building muscles and stretching. Just keep moving and have fun! **Use the exercise tracking sheet above and place a check mark in the box for the days you exercise to keep track of your physical activity.**

