

August



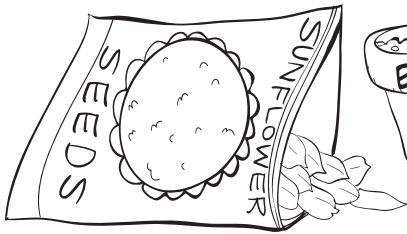
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1	2	3		
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Cereal
Turkey Sausage
Bananas
Juice
Milk

Muffin
Cereal
Pork Sausage
Apples
Juice
Milk

Pancakes
Cereal
Links
Apples
Juice
Milk

Mini Waffles
Turkey Links
Cereal
Juice
Milk

Kolache
Cereal
Links
Juice
Milk



What does **EXERCISE** bring me?

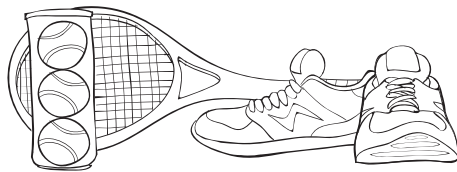
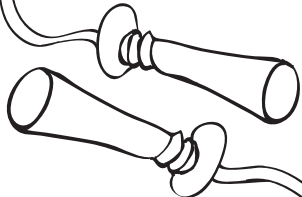
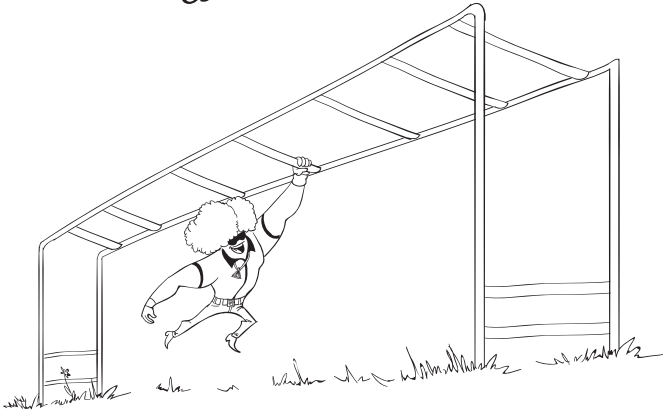


Exercise for the Fun of It!

When you play tag or jump rope, you're working your legs by running and jumping. When you cross the monkey bars, you're building strong muscles in your arms. And when you do gymnastics, dance or even tie your shoe, you're stretching and improving your flexibility. Who knew things that are so much fun could be so good for your body!

Work-Out the Answer

To strengthen stomach muscles, I do lots of _____ ups. My arms are getting stronger because I hang on the monkey _____ at school. These shoes are great for _____ on the track. I know it's a game, but swinging the _____ racket is great exercise. I lift _____ at the gym to build strong muscles.



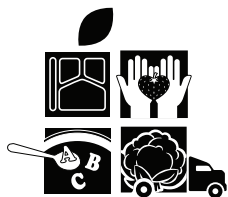
(Answers: sit, bars, running, tennis, weights)



Exercise Your Mind

Do you like helping around the house? An hour of floor mopping can burn 200 calories, an hour of car washing can burn 230 calories and an hour of gardening can burn a whopping 350 calories! Think about it – a plain donut has 185 calories. That means you'd need nearly an hour of floor mopping, 48 minutes of car washing or 32 minutes of gardening to work off just one donut!

OUR CAFETERIA BRINGS IT!



Food and Nutrition
 3E'S OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD 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.

www.squaremeals.org

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, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.