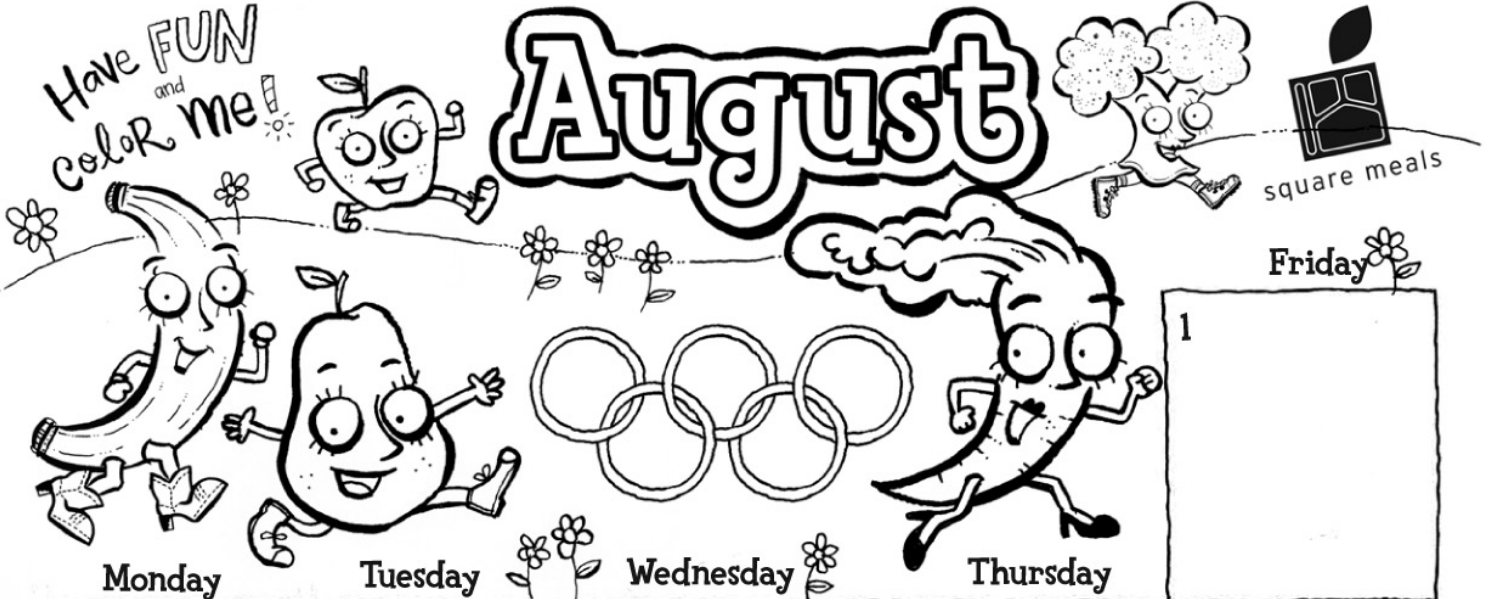


Have FUN
and
color me!

August

square meals



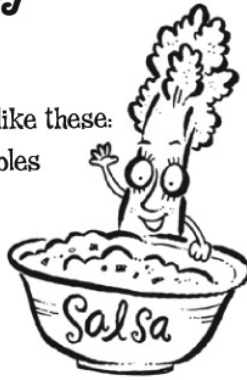
Friday

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
11	12	13 SDC	14 SDC	15 WORK DAY
18 STAFF DEVELOPMENT	19 STAFF DEVELOPMENT	20 STAFF DEVELOPMENT	21 STAFF DEVELOPMENT	22 WORK DAY
25 BAKED CHICKEN Mashed Potatoes Carrots Honey Wheat Roll Milk Breakfast: Cinnamon Toast, Juice, Milk	26 HOAGIE SANDWICH Baked Chips Vegetarian Beans Burger Salad Applesauce Milk Breakfast: Breakfast Pizza, Juice, Milk	27 CHICKEN FAJITAS Pinto Beans Lettuce & Tomatoes Mixed Fruit Spanish Rice Milk Breakfast: Biscuit Jelly, Juice, Milk	28 PIZZA Corn Tossed Salad/Dressing Milk Breakfast: Waffles, Juice, Milk	29 HAMBURGER Oven Fries Burger Salad Apple Cobbler Milk Breakfast: Scrambled Eggs, Tortilla, Juice, Milk

Looking for a healthy after-school snack?

Start the school year off right with snacks like these:

- * Carrots, celery, broccoli or other vegetables dipped into low-fat yogurt dips or salsa
- * Hummus with whole wheat pita bread
- * Apple, banana, pear or other fresh fruits



Olympic Quiz

This month marks the beginning of the 2008 Olympics in China. It's good inspiration for you to get out and exercise! Use these clues below to fill in the missing letters for each Olympic event.

LLYBVOLLEA _ _ _ L _ _ _ _ _ _ _ _ L _ _

Two teams compete in this event with a large net and ball that is softer than a basketball.

MTSGNASYIC _ _ Y _ _ _ A _ _ T _ _ _ _

Participants use parallel or uneven bars, vaults, floor exercises and other equipment in this event.

LWENGRSIT _ _ _ _ E _ _ _ L _ _ _ _ _

Competitors are divided according to weight in this event, which is one of the oldest Olympic sports.

WGMIMSIN _ _ W _ _ _ M _ _ _ _ _

Athletes in this event are judged for their speed in a large pool.

SLBELABA _ _ _ S _ _ _ _ L _ _ _

Teams use a bat and ball for this sport.

AIOTLNRT H _ _ R _ _ A _ _ _ L _ _ _ _

This event has three parts: swimming, running and cycling.

Answers: volleyball, gymnastics, wrestling, swimming, baseball, triathlon

Check Out the CAFETERIA BUZZ



WELCOME BACK!!!

MENUS ARE SUBJECT TO CHANGE.

Complete only ONE Free & Reduced Application per family. Meals may be prepaid any day from 7:00 am to 8:30 am, but will be accepted at any time.

Students are allowed only TWO CHARGES.

MEAL PRICES:

Breakfast: Full \$.75 Reduced \$.30

Elementary Lunch: Full \$1.25 Reduced \$.40

Secondary Lunch: Full \$1.75 Reduced \$.40

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at 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.

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Crunch & Munch

Healthy Foods are Friends for Life

Hey, Munch, do you know why the fisherman put peanut butter in the sea?

Nope.

To go with the jellyfish.

Ha. You're making me hungry. I'm getting ready to make some popcorn because that's one of the healthiest snacks around.

That reminds me of another joke. Do you know what the baby corn said to its mom?

I don't know.

Where's pop corn?