

**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
<p>Sausage Kolaches Yogurt</p> <p>Chicken Nuggets Mashed Potatoes Seasoned Green Beans Strawberry Cup 24</p>	<p>Cheese Omelet Wrap</p> <p>Cheese Pizza Garden Salad Vegetable Medley Mix Apple Slices 25</p>	<p>Breakfast Pizza</p> <p>Cheese Enchiladas Spanish Rice (9-12) Garden Salad Refried Beans 26 Applesauce</p>	<p>Waffles & Sausage</p> <p>Frito Pie Baby Carrots Mexicali Corn Tomato Wedges 27 Orange Smiles</p>	<p>Cinnamon Roll w/Bacon</p> <p>Cheeseburger Sweet Potato Rounds Burger Salad Zesty Cucumbers 28 Peaches</p>

<p>Pancakes w/Bacon</p> <p>Chicken Sandwich Tater Tots Veggie Cup Mandarin Oranges 31</p>
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PROTEIN

BEEF, CHICKEN, PORK, FISH,
SHRIMP, EGGS, BEANS, NUTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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GOOD EATS AT:

Hermleigh ISD

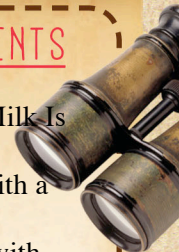


SPECIAL ANNOUNCEMENTS

100% Juice and Choice of Milk Is
Served with Breakfast
Breakfast is also served with a
choice of whole fruit
Choice of Milk is served with
Lunch

Salad Bar 6-12 will be served with
required food items to meet USDA
nutritional standards

Menu is subject to Change



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.

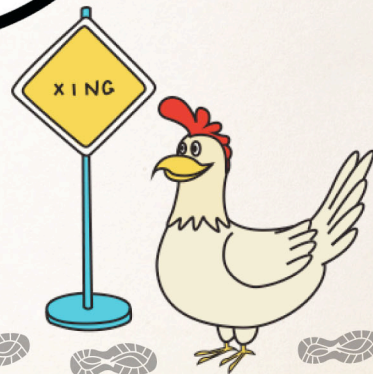
WHAT TO KNOW:

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.**

