



SUPPORT
SUMMER NUTRITION
PROGRAMS

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Chicken Curry Vegetable Curry Potato Croquettes Cauliflower Green Salad Fresh Fruits</p>	<p>2 Fish Nuggets Potato&Green Bean Bake Corn on the Cob Edamame Green Salad Siratama Dongo</p>	<p>3 Ham Pizza Veggie Pizza Neapolitan Pasta Green Beans Green Salad Pumpkin Pudding</p>
<p>6 Hot Dogs Potato Gratin Broccoli Green Salad Homemade Cake</p>	<p>7 Tandori Chicken Naan Bread Potatoes&Peas Edamame Green Salad Yoghurt</p>	<p>8 Neapolitan Pasta Garlic Bread Fried Chicken Carrots Green Salad Sliced Oranges</p>	<p>9 Cottage Pie Broccoli&Cheese Cabbage and bacon Green Peas Green Salad Cream Caramel</p>	<p>10 Chicken Nuggets Mac&Cheese Ratatouille Cauliflower Green Salad Fruit</p>
<p>13 Chicken Burgers Veggie Burgers French Fries Broccoli Green Salad Brownies</p>	<p>14 Chicken Karage Ratatouille Mac&Cheese Green Beans Green Salad Homemade Cake</p>	<p>15 Roast Chicken Mashed Potatoes Roast Veggies Green Peas Green Salad Crème Caramel</p>	<p>16 Meat Pizza Subs Veggie Pizza Subs Neapolitan Pasta Edamame Green Salad Sliced Oranges</p>	<p>17 Beef Lasagna Veggie Lasagne Herb Bread Carrots Green Salad Fresh Fruits</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>

Park It

Did you know July is **National Park and Recreation Month**? It's the perfect time to check out neighborhood parks, trails and recreation centers. Why not celebrate by trying a fun new outdoor activity for the first time? Paddle a canoe, play tennis, go hiking, toss a Frisbee or try rock climbing. Let the park be your playground!

Yummy Summer Meals

Summer may be a break from school, but it shouldn't be a break from good nutrition. The **Summer Nutrition Programs** provide delicious, healthy meals at no charge to kids 18 and younger. To find a program in your area, visit www.summerfood.org or dial 2-1-1.

Play a New Game

Looking for a new game? Why not use your imagination to come up with new rules for old games! You can use everyday objects like plastic garbage cans to set up multiple goals for soccer or field hockey – instead of the usual two – and assign different points for scoring between different goals. What kind of “new” games can you and your friends dream up this summer?



Check Out the CAFETERIA BUZZ

Your text here.



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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