

# July



HAVE FUN COLOR ME!

EAT SCHOOL LUNCHES!

## FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**1** Pizzeria  
Friday  
Pepperoni  
Sausage  
Garden Salad  
Fresh Fruit  
Milk

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b> Golden Honey Dip Corn dogs Carrot Sticks Ranch Dressing Fruit Milk	<b>12</b> Beef Taco Wheat Flour tortilla Refried Beans Lettuce/ Cheese Fruit	<b>13</b> Sloppy Joe on a bun Southern Cole slaw Fresh fruit Milk	<b>14</b> Spaghetti W/ Meat sauce Seasoned Green beans Wheat Bread Assorted fruit Milk	<b>15</b> Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk
<b>18</b> Turkey franks Hot dogs Sliced carrots Shredded cheese Fresh fruit Milk	<b>19</b> <b>Beef and cheese Spanish rice</b> casserole Sweet Peas Wheat bread Fruit Milk	<b>20</b> Cheeseburger on a bun Sliced pickles Vegetarian Beans Ketchup, mayo Fruit Milk	<b>21</b> Chicken fajitas Wheat Flour tortilla Refried Beans Lettuce/ Cheese Fruit	<b>22</b> Grilled chicken salad Fresh fruit Ranch, Italian dressing Saltine crackers Milk
<b>25</b> Beef Tostadas Shredded Lettuce Cheese Red Beans Fruit Milk	<b>26</b> Cheeseburger macaroni Seasoned Green beans Wheat bread Fruit Milk	<b>27</b> Chic-A- Mania Chicken Pattie W/ cheese On Bun Celery sticks Fresh fruit Milk	<b>28</b> Ground beef Taco salad Fresh fruit Ranch dressing Taco sauce Milk	<b>29</b> Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk



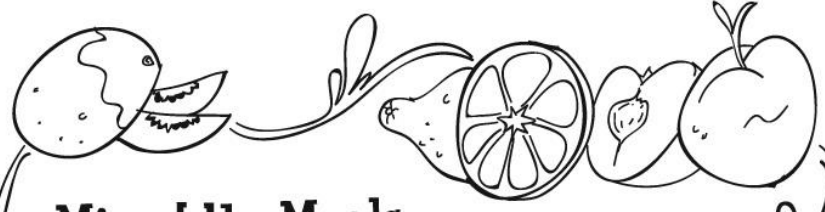
# What does VITAMIN C bring me?



## How Do You Make a Lemon Float?

The answer: Put it on a ship! Did you know that oranges, lemons and other citrus fruits have a proud place in sailing history? It's true. A few centuries ago, sailors on long voyages often became ill with a disease called scurvy.

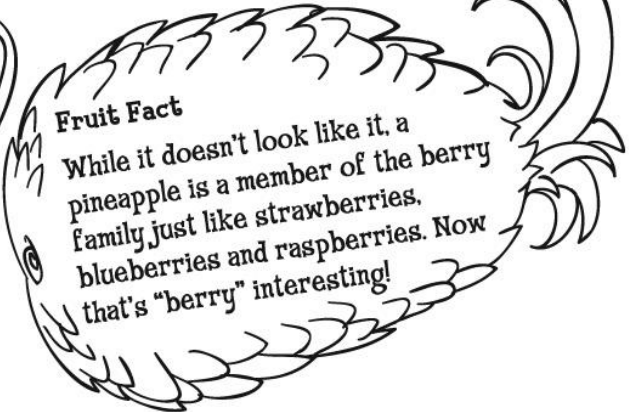
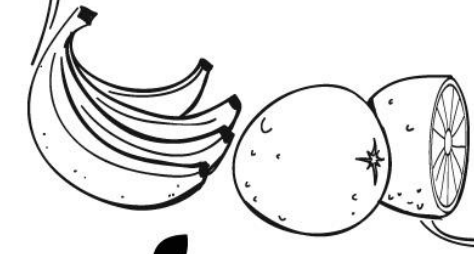
While scurvy is rare today, it used to be a big problem. Because sailors on ships weren't eating enough citrus fruits rich in Vitamin C, they became very weak and even lost their teeth! Once ships started carrying citrus fruits for their passengers and crew, scurvy wasn't a problem anymore. So now you know why it's important to get plenty of healthy Vitamin C every day!



## Mixed-Up Meals

Rearrange the letters on these mixed up words to reveal some favorite fruits.

- NABANA
- CHEAP
- GENARO
- MONLE
- GOMAN



**Fruit Fact**  
While it doesn't look like it, a pineapple is a member of the berry family just like strawberries, blueberries and raspberries. Now that's "berry" interesting!

## OUR CAFETERIA BRINGS IT!

Your text here.

(Answers: Banana, Peach, Orange, Lemon, Mango)



Food and Nutrition Division  
3 E'S OF HEALTHY LIVING  
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://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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