

YES Prep

March



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAVE FUN COLOR ME!

<p>1 Ground Turkey Taco Wheat Flour tortilla Refried Beans Lettuce/ Cheese Fruit Milk</p>	<p>2 Hot Toasted Melt Ham & Cheese Potato wedges Ketchup, mayo Fresh fruit Milk</p>	<p>3 Spaghetti W/ Meat sauce Seasoned Green beans Wheat Bread Assorted fruit Milk</p>	<p>4 Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk</p>
<p>7 Beef and bean burrito Mexican Style Corn Zesty Salsa Fresh Fruit Milk</p>	<p>8 Macaroni & Meat sauce Steamed Green Peas Wheat Bread Fruit Milk</p>	<p>9 Chic-A-Mania Chicken Pattie W/ cheese On Bun Celery sticks Fresh Fruit Milk</p>	<p>10 Beef Tostadas Shredded Lettuce Cheese Red Beans Fruit Milk</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<h1>Spring Break</h1>			
<p>21 Cheeseburger on a bun Sliced pickles Vegetarian Beans Ketchup, mayo Fruit Milk</p>	<p>22 Steak Fingers Mashed Potato Sweet Green Peas Fruit Milk</p>	<p>23 Golden Honey Dip Corndogs Carrot Sticks Ranch Dressing Fruit Milk</p>	<p>24 Cheesy, Beefy Nachos Tortilla Chips GARDEN SALAD RANCH DRESSING Fresh Apple Milk</p>
<p>25 Pizzeria Friday Pepperoni Sausage Celery sticks Fresh Fruit Milk</p>	<p>28 Turkey Hotdogs w/ Shredded Cheese SLICED CARROTS Ketchup Whole Fruit, Milk</p>	<p>29 Crispy Chicken Wrap Shredded Lettuce Cole slaw Fruit Milk</p>	<p>30 Beef and bean Cheesy Burrito Zesty Corn Fresh Fruit Milk</p>
		<p>31 Spaghetti W/ Meat sauce Seasoned Green beans Wheat Bread Assorted fruit Milk</p>	



What does
bring me?

BREAKFAST



What's So Important About Breakfast?




It Fuels Your Brain and Your Body to Stay Focused and Feeling Great!



Why should you have a healthy breakfast? Your body needs it! When you wake up in the morning, your body hasn't had any fuel (or food, as we call it) since before you went to bed. That's a long stretch! If you skip breakfast, your body has to run on empty even longer. And when you're out of fuel, your brain doesn't function as well as it should. In fact, studies show that eating a good breakfast helps you focus at school - which means you learn more. A strong, healthy body helps in everything you do so start the day right with a nutritious breakfast. Your brain will thank you!



Match-A-Meal

Draw a line from each breakfast food to the nutritional benefit it provides.

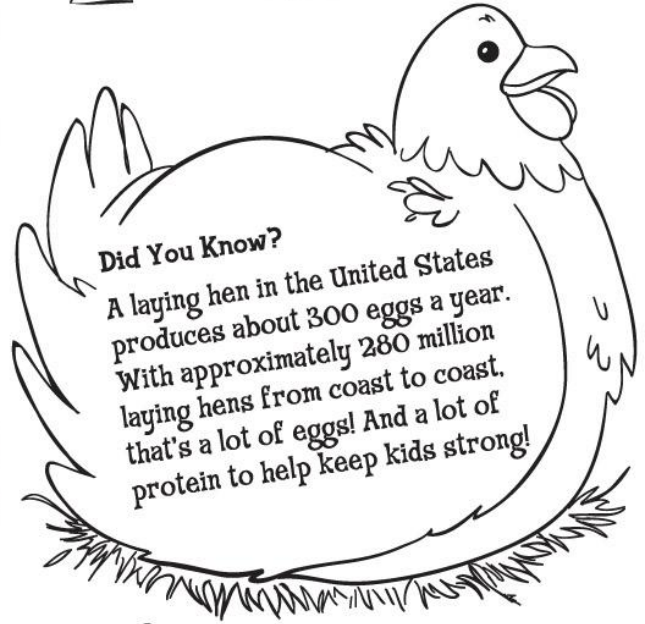




- Eggs
- Skim Milk
- Orange Juice
- Whole grain toast

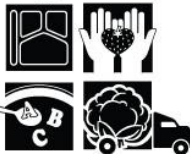
- Vitamin C
- Fiber
- Protein
- Calcium

(Answers: Eggs: Protein; Skim Milk: Calcium; Orange Juice: Vitamin C; Whole grain toast: Fiber)



OUR CAFETERIA BRINGS IT!

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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