



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>6</b></p> <p>HOLIDAY</p>	<p><b>7</b></p> <p>TACO SALAD CHICKEN NUGGETS MASHED POTATOES GREEN BEANS FRUIT WHEAT ROLLS</p>	<p><b>8</b></p> <p>TACO SALAD PIZZA CHICKEN PARMISAN SALAD ORANGE GLAZED CARROTS SPAGHETTI &amp; SAUCE FRUIT</p>	<p><b>9</b></p> <p>TACO SALAD SOFT TACO SALAD PINTO BEANS MEXICAN CORN SPANISH RICE FRUIT JUICE BAR</p>	<p><b>3</b></p> <p>HAMBURGER CHEESE CHICKEN PATTY ON BUN LETTUCE TPO TATOR TOTS BANANA PUDDING</p>
<p><b>13</b></p> <p>TACO SALAD CHICKEN PATTY FISH ON BUN GLAZED CARROTS SALAD JELLO WITH FRUIT</p>	<p><b>14</b></p> <p>TACO SALAD LOADED BAKED POTATO HAM OR BARBECUE SALAD VEGETABLE CASSEROL FRUIT</p>	<p><b>15</b></p> <p>TACO SALAD PIZZA FAJITA POTATO BAKE SALAD ITALIAN GREEN BEANS FRUIT SPAGHETTI &amp; SAUCE</p>	<p><b>16</b></p> <p>TACO SALAD MEXICAN SKILLET MEXICAN CORN SALAD FRUIT JUICE BAR</p>	<p><b>17</b></p> <p>HAMBURGER CHEESE CHICKEN PATTY ON BUN LETTUCE TPO TATOR TOTS BANANA PUDDING</p>
<p><b>20</b></p> <p>TACO SALAD HOAGIE SOUTHWEST CHICKEN TORTILLA SOUP SALAD FRUIT ROASEY APPLESAUCE</p>	<p><b>21</b></p> <p>TACO SALAD CHICKEN NUGGETS MASHED POTATOES GREEN BEANS FRUIT WHEAT ROLLS</p>	<p><b>22</b></p> <p>TACO SALAD PIZZA COUNTRY FRIED STEAK SALAD PEAS &amp; CARROTS FRUIT SPAGHETTI &amp; SAUCE</p>	<p><b>23</b></p> <p>TACO SALAD BURRITO CHILI &amp; CHEESE SALAD MEXICAN CORN SPANISH RICE FRUIT JUICE BAR</p>	<p><b>24</b></p> <p>HAMBURGER CHEESE CHICKEN PATTY ON BUN LETTUCE TPO TATOR TOTS BANANA PUDDING</p>
<p><b>27</b></p> <p>TACO SALAD CHICKEN FRIED STEAK SANDWICH SALAD GLAZED CARROTS JELLO WITH FRUIT</p>	<p><b>28</b></p> <p>TACO SALAD SPAGHETTI &amp; MEAT SAUCE SALAD BROCCOLI &amp; CALIFLOWER FRUIT WHEAT ROLLS</p>	<p><b>29</b></p> <p>TACO SALAD PIZZA BAKED POTATO PLATE SALAD CORN &amp; GREEN BEAN CASSEROL FRUIT SPAGHETTI &amp; SAUCE</p>	<p><b>30</b></p> <p>TACO SALAD ENCHALADAS SALAD PINTO BEANS MEXICAN CORN SPANISH RICE FRUIT JUICE BAR</p>	



# What does MyPyramid bring me?



## MyPyramid: The Right Shape to Stay in Shape

Everybody needs MyPyramid. It's a food program designed just for you. MyPyramid considers your age, your height, your weight and how much physical activity you get each day to build the perfect nutrition plan for you. The



plan includes all the basics – grains, fruits, vegetables, dairy and meats/beans – in just the right portions to control your weight, build your muscles and focus your mind. You don't have to be a pharaoh to have a pyramid – just ask your dad or your mummy! You can design your very own nutrition pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).



Use the clues to rearrange the mixed-up letters in the names of these food groups.

**Inargs:** Cereals, bread and rice are just a few of the tasty options in this group.

**Utfirs:** Apples are red and hang from a tree – this group is loaded with Vitamin C!

**Gevetbelas:** A group that turns your body into a lean, green, healthy machine.

**Riady:** It's got milk and cheese and is sure to please.

**Atems and Anebs:** The group where beef and turkey meet something that starts with green, black and navy.



(Answers: Grains, Fruits, Vegetables, Dairy, Meats and Beans)



Illustrations and characters by Shaun Bryant.

### Let's Give Portions a Hand

Want to learn a trick that makes eating the right-sized portion easy? Make a fist. The portion of fruits or vegetables that shows up on your plate should be about the same size as your fist. It's a "handy" way to stay healthy!

### OUR CAFETERIA BRINGS IT!

Your text here.



Food and Nutrition Division  
3E'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).

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