

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Biscuit/Sausage Corn Dog Macaroni and Cheese Blackeye Peas Pear Halves</p>	<p>2 Donut Beefy Macaroni Carrot Pennies Tossed Salad Tropical Fruit Mix Garlic Breadstick</p>	<p>3 Breakfast Taco Hot Ham and Cheese Hoagie Lettuce/Pickles Baked Potato Wedges Fresh Apple Jello</p>
<p>6 Labor Day Student and Staff Holiday</p>	<p>7 Pig in a Blanket Cheese Pizza Seasoned Italian Pasta Whole Kernel Corn Applesauce</p>	<p>8 Pancakes Beefy Cheese Nachos Tossed Salad Refried Beans Mandarin Oranges</p>	<p>9 Scrambled Eggs/Sausage Cheesy Chicken over Rice Green Beans Diced Peaches Breadstick</p>	<p>10 French Toast Sticks Bar B Q on a Bun Shoestring Fries Ranch Style Beans Pickle Spears Orange Smiles</p>
<p>13 Pancake/Sausage on a Stick Chicken Nuggets Mashed Potatoes Gravy Broccoli w/Cheese Whole Wheat Hot Roll Mixed Fruit</p>	<p>14 Waffles Spaghetti with Meat Sauce English Peas Pineapple Tidbits Garlic Breadstick</p>	<p>15 Breakfast Pizza Stuffed Crust Pizza Tossed Salad Carrot Pennies Applesauce Jello</p>	<p>16 Blueberry Muffin Fish Portions Macaroni and Cheese Confetti Coleslaw Pear Halves</p>	<p>17 Pig in a Blanket Breaded Chicken Burger Tator Tots Lettuce/Pickles Pinto Beans Frozen Fruit Juice Bar</p>
<p>20 Pig in a Blanket Pepperoni Pizza Seasoned Italian Pasta Whole Kernel Corn Mandarin Oranges</p>	<p>21 Pancakes Frito Pie Tossed Salad Carrot Sticks/Ranch Dressing Cornbread Fresh Apple</p>	<p>22 Biscuit/Sausage Salisbury Steak/Gravy Fluffy Rice Green Beans Whole Wheat Hot Roll Diced Peaches</p>	<p>23 Donut Hot Dog with or without Chili Pork and Beans Pasta Salad Tropical Fruit Mix</p>	<p>24 Pancake/Sausage on a Stick Cheeseburger Baked Potato Wedges Lettuce/Pickles Fresh Apple Jello</p>
<p>27 Breakfast Pizza Chicken Rings Mashed Potatoes Gravy Green Beans Whole Wheat Hot Roll Pear Halves</p>	<p>28 Waffles Sausage Au Gratin Potatoes Ranch Style Beans Pickle Spears Bread Slice Applesauce</p>	<p>29 Scrambled Eggs/Sausage Stuffed Crust Pizza Tossed Salad Carrot Pennies Fruit Mix Pudding</p>	<p>30 Blueberry Muffin Chicken Spaghetti Green Beans Garlic Breadstick Peaches</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.



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

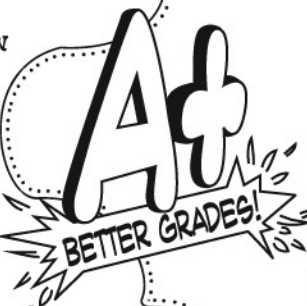
Inargs: Cereals, bread and rice are just a few of the tasty options in this group.

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)

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

Why did the boy eat his math test?

Because he heard it was a piece of cake.



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!

WELCOME BACK!!!

Breakfast is a great way to jump start your students day!!!

Breakfast is free for all Van Vleck ISD students....Please encourage your students to take advantage of this great offer.

The Child Nutrition Department of Van Vleck ISD invites parents to dine with their students at any time. However, students are not allowed to share their food with other students. Parents may bring food in for their child only.

Lunch Prices:
PreK thru 5th grade - \$2.00
6th thru 12th grades - \$2.25
Visitors - \$4.00