

# February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN COLOR ME!**

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23 Wholegrain Cereal Raspberry Muffin Fresh Fruit 100% Juice	24
27	28	29	A cartoon girl wearing a hat and a backpack, holding a large pencil. She is standing next to a can of soda. <p><b>EAT SCHOOL MEALS!</b></p>	

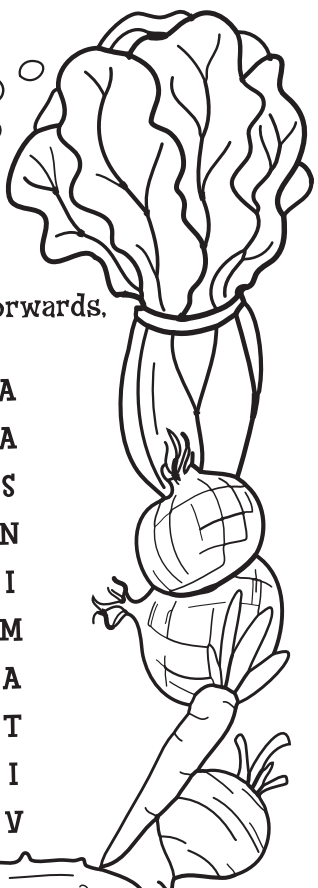


# What does **CAULIFLOWER** bring me?



## Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



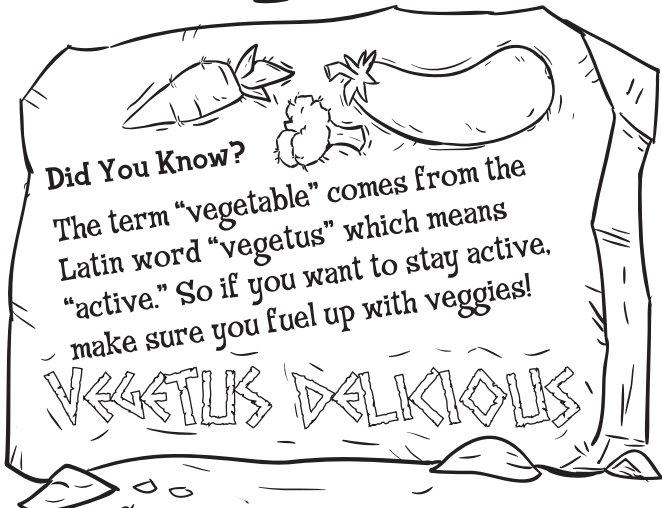
## Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

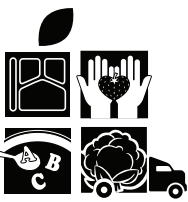
K H O R T A B N R O C A  
 V E G E T A B L E J A A  
 R A L E T A R S E M R S  
 X L O T A M O T J Y R N  
 C T J E T A C L Y J O I  
 V H G B T O C V E M T M  
 K A L E T A O W E R A A  
 Q E E G G P L A N T F T  
 V E G E T R I L M S A I  
 N E C U T T E L E D A V



(Answers: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Kale, Vitamins, Health, Corn)



**OUR CAFETERIA BRINGS IT!**



Food and Nutrition

3E'S OF HEALTHY LIVING  
 Education, Exercise and Eating Right  
 TEXAS DEPARTMENT OF AGRICULTURE  
 COMMISSIONER TODD STAPLES

Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.  
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