

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	24
27	28	29	A cartoon girl wearing a hat and a backpack, holding a large pencil. There is a can on the ground next to her.	EAT SCHOOL MEALS!

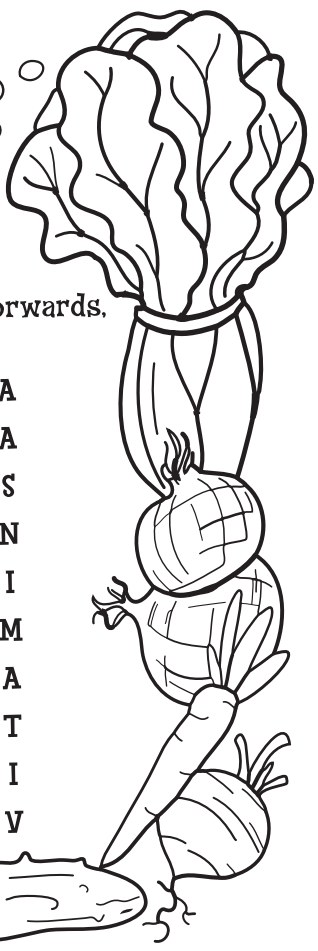


What does **CAULIFLOWER** bring me?



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?



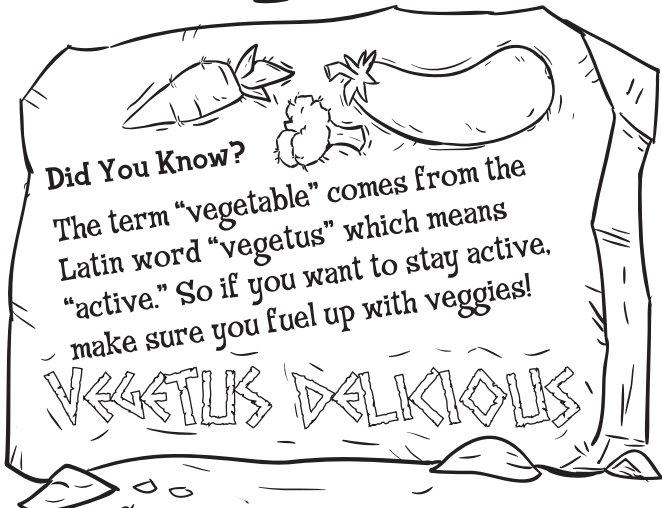
Veggie Seek and Find

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

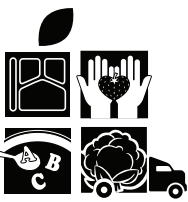
K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A V



(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

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