

Monday

Tuesday

Wednesday

Thursday

Friday

3

Student Holiday

4

Student Holiday

5

Apple Frudel  
\_\_\_\_\_  
Turkey Taco

6

Pancake  
\_\_\_\_\_  
Steak Fingers

7

Sausage Wrap  
\_\_\_\_\_  
Grilled Chicken Sandwich

10

Biscuit  
\_\_\_\_\_  
Hot dog

11

Waffle  
\_\_\_\_\_  
Pizza

12

Apple Frudel  
\_\_\_\_\_  
Burrito

13

Pancake  
\_\_\_\_\_  
Chicken Nugget

14

Sausage Wrap  
\_\_\_\_\_  
Cheeseburger

17

Student Holiday

18

Waffle  
\_\_\_\_\_  
Fish

19

Apple Frudel  
\_\_\_\_\_  
Nacho Grande

20

Pancake  
\_\_\_\_\_  
Popcorn Chicken

21

Sausage Wrap  
\_\_\_\_\_  
Hamburger

24

Biscuit  
\_\_\_\_\_  
Mini Corndogs

25

Waffle  
\_\_\_\_\_  
Chicken Rings

26

Apple Frudel  
\_\_\_\_\_  
Turkey Taco  
Early Release

27

Pancake  
\_\_\_\_\_  
Steak Fingers

28

Sausage Wrap  
\_\_\_\_\_  
Grilled Chicken Sandwich

31

Biscuit  
\_\_\_\_\_  
Hot dog

Welcome Back!!!!

# January 2011

## BUILD STRONG BONES

Did you know your body has 206 bones that are alive and growing?

Believe it or not, you'll eventually have 32 permanent teeth! Milk Group foods provide calcium that helps build strong bones and teeth.

They also provide other important nutrients, including protein, vitamin A, vitamin D, and B vitamins.

# February 2011

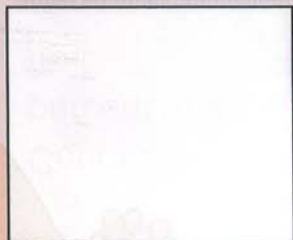
## PHYSICAL FITNESS

Eating right is important to your health, but so is physical fitness. Regular exercise, along with healthy eating habits, helps prevent serious health problems.

You'll also do better in school and feel relaxed when you exercise daily. To keep your heart strong, you need plenty of fruits, vegetables and lean meat, such as chicken, turkey and fish.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Waffle Pizza	2 Apple Frudel Burrito	3 Pancake Chicken Nugget	4 Sausage Wrap Cheeseburger
7 Biscuit Pizza	8 Waffle Fish	9 Apple Frudel Nacho Grande	10 Pancake Popcorn Chicken	11 Sausage Wrap Hamburger
14 Biscuit Mini Corndogs	15 Waffle Chicken Rings	16 Apple Frudel Turkey Taco	17 Pancake Steak Fingers	18 Student Holiday
21 Student Holiday	22 Waffle Pizza	23 Apple Frudel Burrito	24 Pancake Black History Meal Fried Chicken	25 Sausage Wrap Cheeseburger
28 Biscuit Pizza				

Breakfast is the most important Meal of the Day!

**Monday****Tuesday**

1  
Waffle  
Fish

**Wednesday**

2  
Apple Frudel  
Nacho Grande

**Thursday**

3  
Pancake  
Popcorn Chicken

**Friday**

4  
Sausage Wrap  
Hamburger

7  
Biscuit  
Mini Corndogs

8  
Waffle  
Chicken Rings

9  
Apple Frudel  
Turkey Taco  
Fish  
Ash Wednesday

10  
Pancake  
Steak Fingers

11  
Sausage Wrap  
Grilled Chicken Sandwich  
Fish Sandwich

14  
Student Holiday

15  
Student Holiday

16  
Student Holiday

17  
Student Holiday

18  
Student Holiday

21  
Biscuit  
Pizza

22  
Waffle  
Fish

23  
Apple Frudel  
Nacho Grande

24  
Pancake  
Popcorn Chicken

25  
Sausage Wrap  
Hamburger  
Fish Sandwich

28  
Biscuit  
Mini Corndogs

29  
Waffle  
Chicken Rings

30  
Apple Frudel  
Turkey Taco  
Early Release

31  
Pancake  
Steak Fingers



# March 2011

## BREAKFAST

Eating a nutritious breakfast helps students concentrate, think, behave and learn.

Eating Breakfast: Improves children's classroom performance, including better test scores and grades.

Increases children's ability to focus and concentrate on school work.

Decreases behavior problems, tardiness and visits to the school nurse.

Bastrop Child Nutrition Department utilizes Lunch Money Now and School Messenger to keep parents informed of their students cafeteria accounts. Bring cash/check for meals for remainder of school year.

# April 2011

## FRUIT GROUP

Choose fresh fruits, fruit juices, and frozen, canned, or dried fruit.

One serving is 1 medium apple, banana, or orange, or 1/2 cup of chopped, cooked, or canned fruit, or 3/4 cup of fruit juice.

Eat whole fruits often -- they are higher in fiber than fruit juices.

Count only 100 percent fruit juice as fruit.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sausage Wrap Grilled Chicken Sandwich Fish Sandwich
4 Biscuit Hot dog	5 Waffle Pizza	6 Apple Frudel Burrito	7 Pancake Chicken Nugget	8 Sausage Wrap Cheeseburger Fish Sandwich
11 Biscuit Pizza	12 Waffle Fish	13 Apple Frudel Nacho Grande	14 Pancake Popcorn Chicken	15 Sausage Wrap Hamburger Fish Sandwich
18 Biscuit Mini Corndogs	19 Waffle Chicken Rings	20 Apple Frudel Turkey Taco	21 Pancake Steak Fingers	22 Student Holiday
25 Biscuit Hot dog	26 Waffle Pizza	27 Apple Frudel Burrito	28 Pancake Chicken Nugget	29 Sausage Wrap Cheeseburger

Field Trips and Field Days are just around the corner. Your Child Nutrition Dept. can provide meals for all students for Field Days and Field Trips.

**Monday**

2

Student Holiday

**Tuesday**

3

Waffle

Fish

**Wednesday**

4

Apple Frudel

Popcorn Chicken

**Thursday**

5

Pancake

Nacho Grande

Cinco de Mayo

**Friday**

6

Sausage Wrap

Hamburger

9

Biscuit

Mini Corndogs

10

Waffle

Chicken Rings

11

Apple Frudel

Turkey Taco

12

Pancake

Steak Fingers

13

Sausage Wrap

Grilled Chicken Sandwich

16

Biscuit

Hot dog

17

Waffle

Pizza

18

Apple Frudel

Burrito

19

Pancake

Chicken Nugget

20

Sausage Wrap

Cheeseburger

23

Biscuit

Pizza

24

Waffle

Fish

25

Apple Frudel

Nacho Grande

26

Pancake

Popcorn Chicken

27

Sausage Wrap

Hamburger

30

Student Holiday

31

Waffle

Chicken Rings

June 1

Apple Frudel

Turkey Taco

June 2

Pancake

Steak Fingers

Join Us For Summer  
Feeding on Monday

Field Days----The cafeteria provides meals for your child's fun day outing!

# May 2011

**MEATS & BEANS**

What foods are included in the meat and beans group? All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods.